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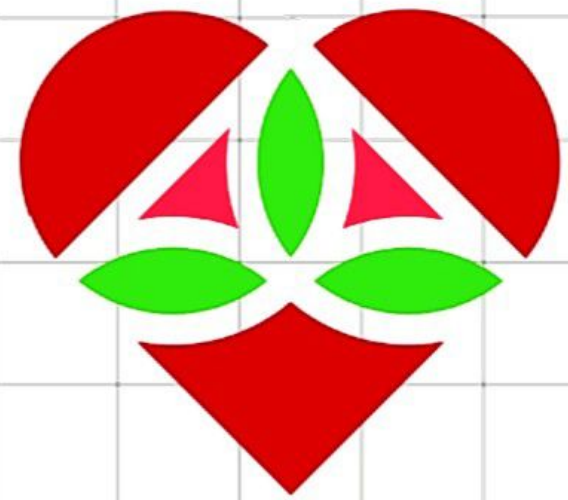

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Urgent Video: YouTube New Digital Security Content Policy 😮

Technical Yogi · 79K views · 15 hours ago

Puneet Biseria

23 minutes ago

First learn the difference
Then unlearn the difference
Then practice the difference

वीडियो का नाम बता दीजिए
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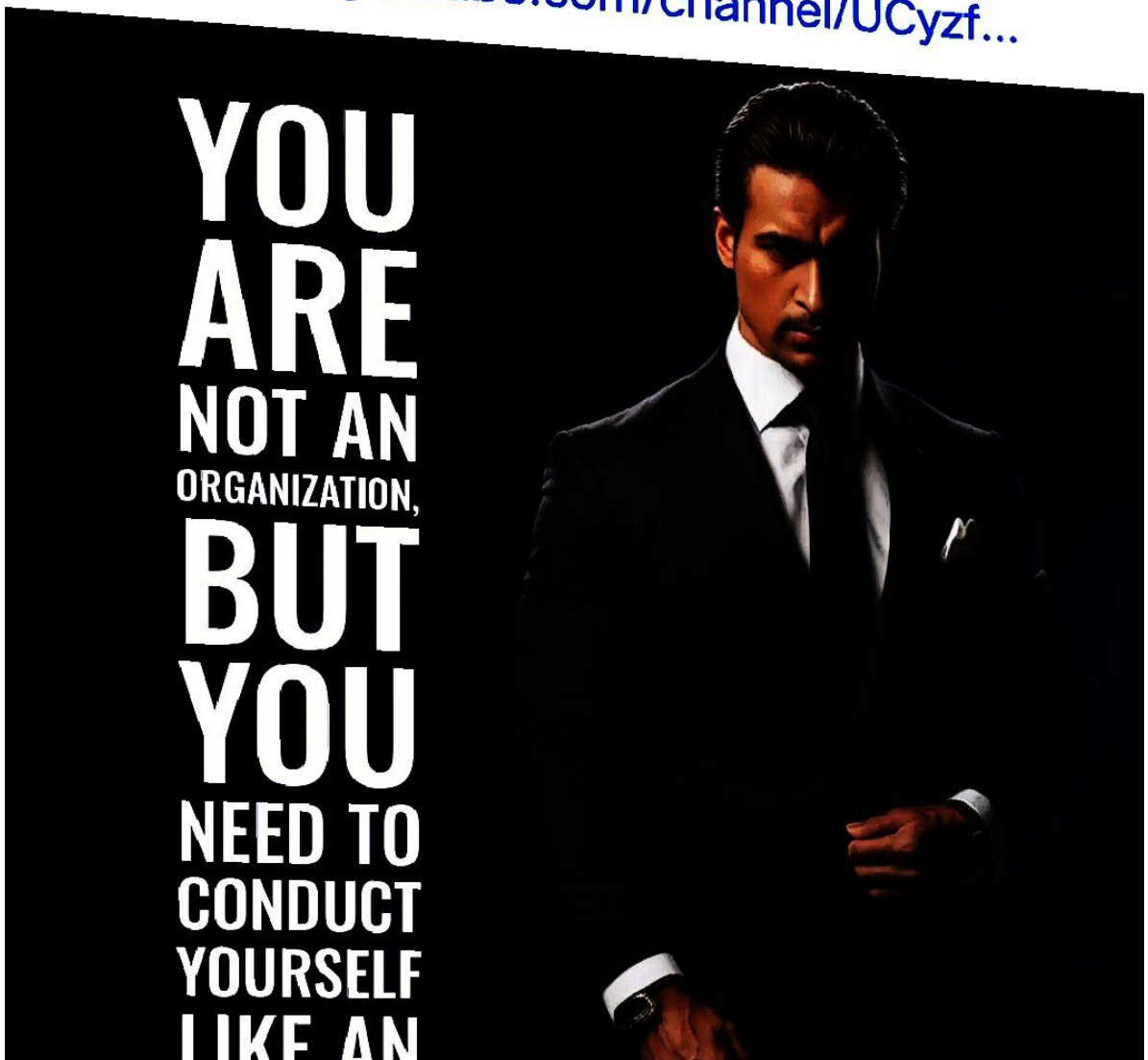

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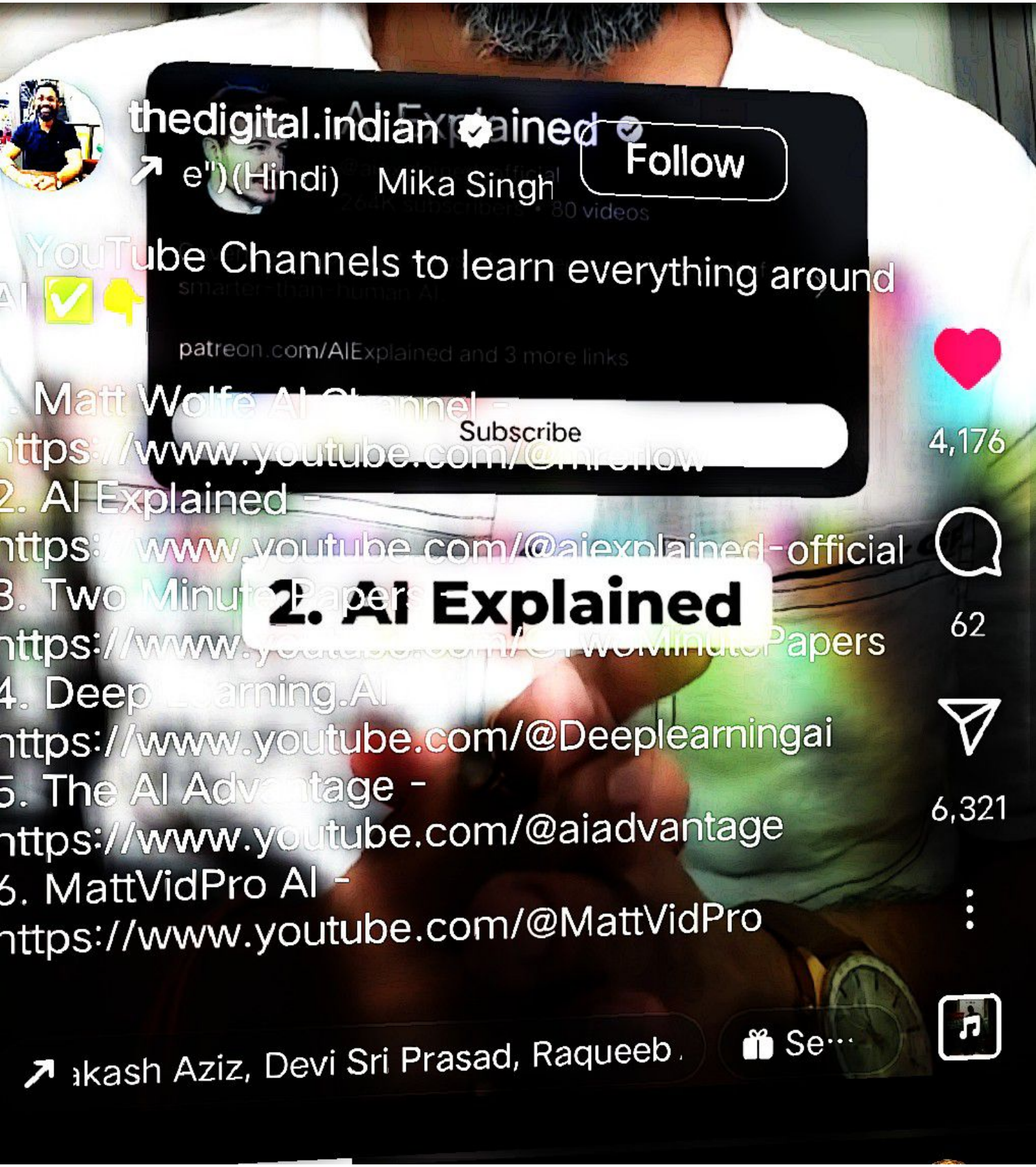
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nments

17

7 replies

@manavvlog539 • 4w ago (edited)

वेबसाइट बनाना तो सिखाया दिया लेकिन गूगल सर्च कंसोल में डालना, इंडेक्स करना, प्रॉब्लम सॉल्व करना वो नहीं बताते आप सर, मुझे गूगल सर्च कंसोल में इंडेक्स करना है

Translate to English

17

• 12 replies

@EmanFatima-q8r • 2d ago

I am from pakistan but i love your videos your teaching method really realy awesome 🥰👍👍 wish you more success in your life

2

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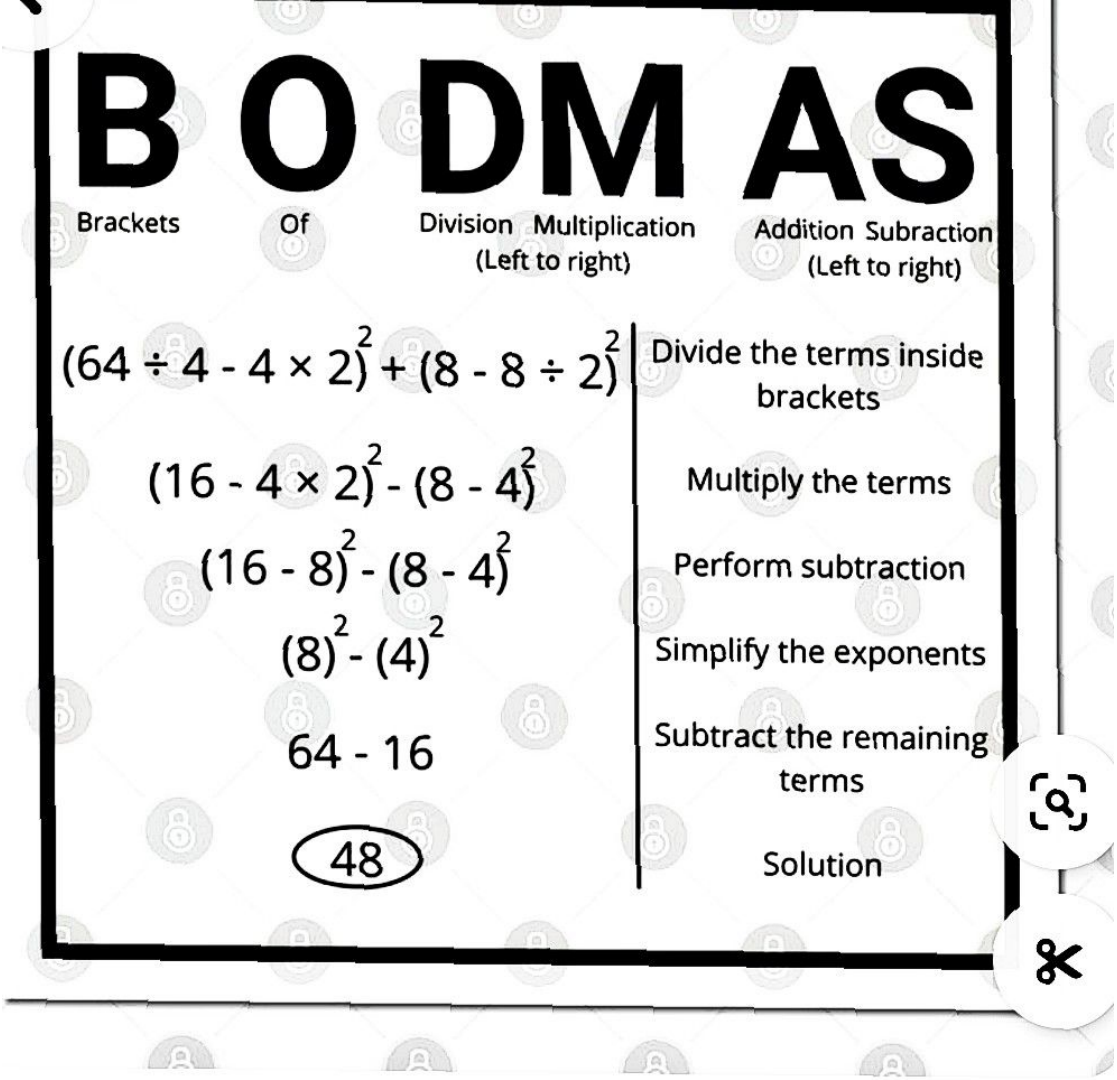

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Bodmas Acronym Meaning And Proble...

BODMAS Acronym Meaning And Problems Ex See more

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12 comments

Q After applying BODMAS we get the answer 80 =(64 ÷ 4 - 4 × 2)² + (8 - 8 ÷ 2) =(... view all

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Cleaning Up Your Thoughts

Psychologists believe our minds have two levels: the conscious mind, the state we are aware of in our daily interactions, and the subconscious mind, the mental state working behind the scenes and pulling strings we can't readily see. This explanation is highly simplified, of course, but it will work for our purposes. The important thing to understand for mindset training is that they are different and separate mental planes, but we're often unaware of how they cross over and influence one another.

Most of us think we make decisions intentionally with our conscious minds. In reality, however, most of our decisions are driven by the subconscious. For example, have you ever paid attention to which brands you are drawn to in the grocery store and really asked yourself why you buy them? Odds are, many of the purchases you make every week are automatic. You buy the same toilet paper or shampoo you always buy without even thinking about whether or not there is a better product out there. Or have you ever picked up a book at the airport simply because you were

BOOKed by Mystic Venus
You can't wait for someone to paint your life beautiful —you must do it yourself. Create a life you love, using your favorite colors and moments, without worrying about others' opinions.... See more

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एकांत

Manish Bhagat · 27m ·

मुझे ढलता हुआ सूरज बहुत पसंद है आसमाँ में दूर तक फैली हुई लालिमा आँखों को सुकूँ से भर देती है इसे देख क··· See more

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किसी के
पास पैसे
बढ़ते चले
जाते हैं वैसे
वैसे उसकी
बहुत ही
ज्यादा गहराई
में छुपी हुई
बेवकूफीयां
बाहर आती
चली जाती
हैं

इतना गन्दा सच

1) लोअर क्लास लोग सारा पैसा खर्च कर देते है।

2) मिडल क्लास लोग पैसा बचाते है।

3) अमीर लोग पैसा इन्वेस्ट करते है।

4) अरबपती लोग बैंक से लोन ले कर पैसा कमाते है

PET

अपने व्यापार को ऊंचाई तक कैसे लेकर जाएं

2 बात जो आप को हमेशा याद रखना है पहला नंबर अपने माइंड को हमेशा व्यापार के लिए फ्रेश रखना है दूसरा नंबर वर्कर टीम को मोटीवेट करते रहना है उनको अहसास न हो कि आप मालिक हो और ओ नौकर एक दोस्त के तरीके से बिहेव करे क्यों कि बिना वर्कर के आप कुछ नहीं कर सकते हो बिजनेस में वर्कर अगर चाहे तो आप को आसमान में ले जा सकता hai अगर वर्कर चाहे तो जमीन पर ला सकता है,,exaplmpl अगर आप के व्यापार में कोई प्रोडक्ट का 500 का ऑडर ले लिया दूसरे दिन देने का वादा कर लिया अगला दिन सारे वर्कर छूटी कर लिए तो आप अकेला क्या करोगे,,,

अगर आपको Reels दिल से पसंद आया है, तो शेयर और फॉलो जरूर करें।

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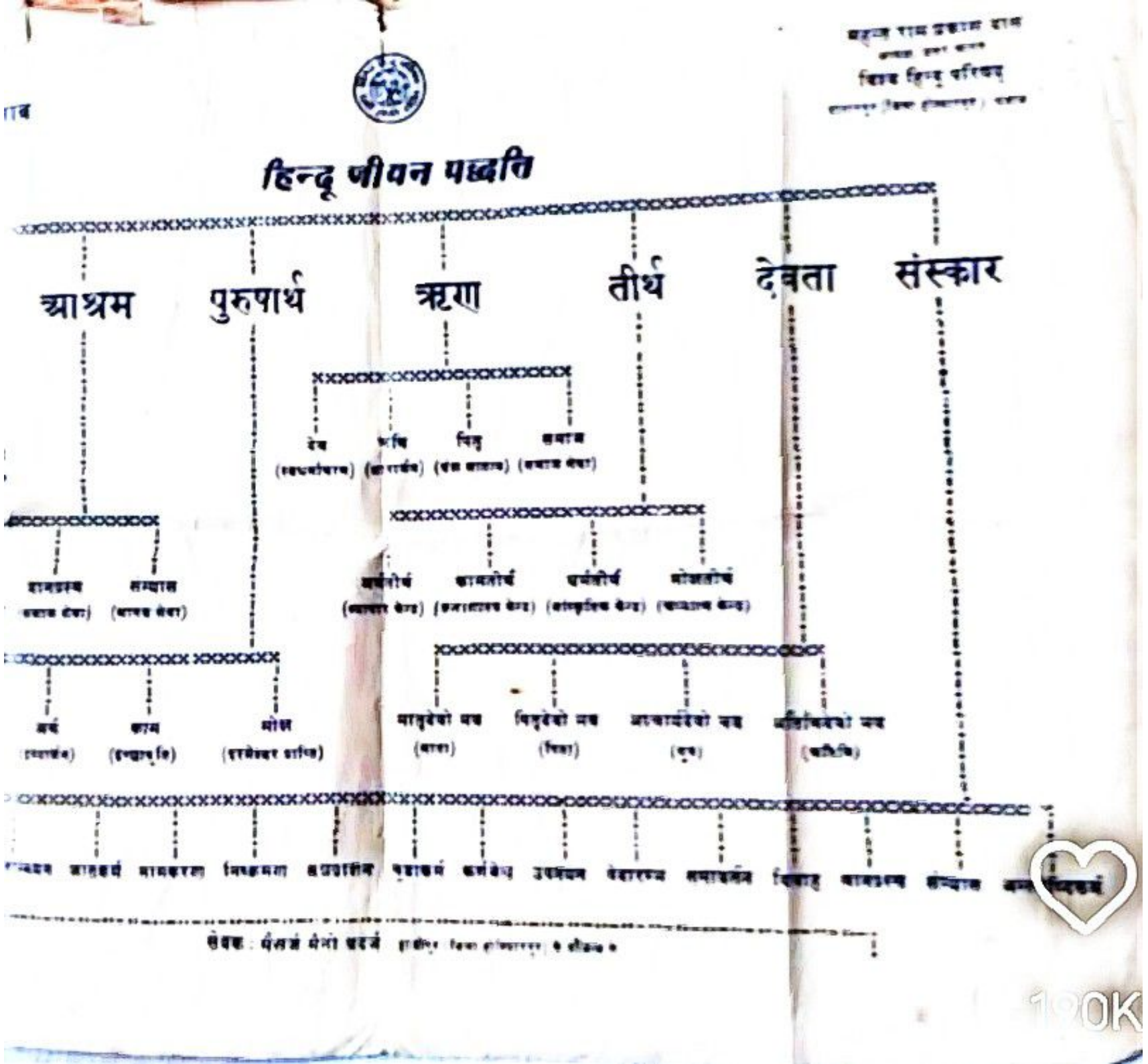
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Prof. Zillur Rahman

IIT Roorkee

NPTEL

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Exam Date: 4 May, 2025

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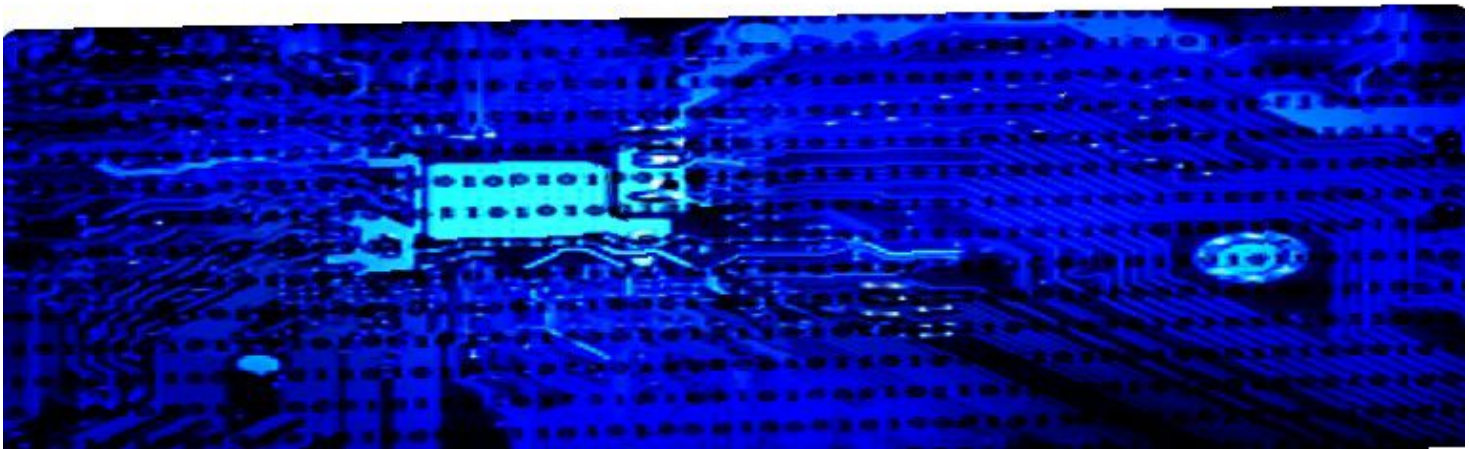

Date __/__/____

Hindi Rhymes :-

1. दादी
2. कल्लू - मल्लू
3. अच्छी बात
4. कोट
5. बच्चा की रेल
6. भालू दादा

Hindi story :-

1. डॉक्टर का हलवा
2. मुसीबत में मदद
3. अक्लमंद कछुआ

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Date __/__/____

EVS :-

1. Chapter 17 to 24

Hindi :-

1. मात्रा वाले शब्द ओ, औ, अं, अः, अँ, रेफ, पदेन (ृ, ॄ, ऌ, ॡ, ु, ू, ॅ, ं, ँ)
2. यातायात के साधन
3. एकवचन बहुवचन
4. राष्ट्रीय पर्व
5. मेरा परिचय
6. गाय पर निबंध / हमारा तिरंगा पर निबंध
7. वाक्य बनाएँ
8. त्योहारों के नाम
9. फूल एवं उनके रंग

English rhymes :-

Page no :- 24 to 27 and 32 (Sing and swing book)

English story :-

Two wise goats (Pg no - 42 - 43) from Sing and Swing book.

English Conversation :-

My Country, Water, Air Pg 63 from Sing and Swing book. Morning prayer and departure prayer. (from school diary)

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Date ___/___/___

Syllabus for 2nd Semester

English :-

1. He / She / It
2. In / On / Under
3. Has / Have
4. Is / Are
5. Colours
6. Behind / Infront of / In between
7. Myself
8. The ant and the dove (question answer)
9. The boy who cried wolf (question answer)
10. Capital letter, full stop and question mark.

Maths :-

1. Addition
2. Subtraction
3. Time
4. Money
5. Number names (1 to 100)
6. Table 2 to 10 (Dodging)
7. Roman number (1 to 20)
8. One more and less
9. Description of Shapes
10. Word Problem
11. Skip counting by 2, 3, 5 and 10
12. Months of year
13. Ascending and descending order
14. Compact form
15. Counting (1-200)

Page No. ___

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Holiday Homework

Practice page no 103 to 1

Learn ch-12 to 15 (skylar

पाठ 8 और 9 को लिख-लिखक

पाठ 14, 15 और 16 प्रश्नो को

Practice and come ch-8 an

Learn Page no. 34 to 36

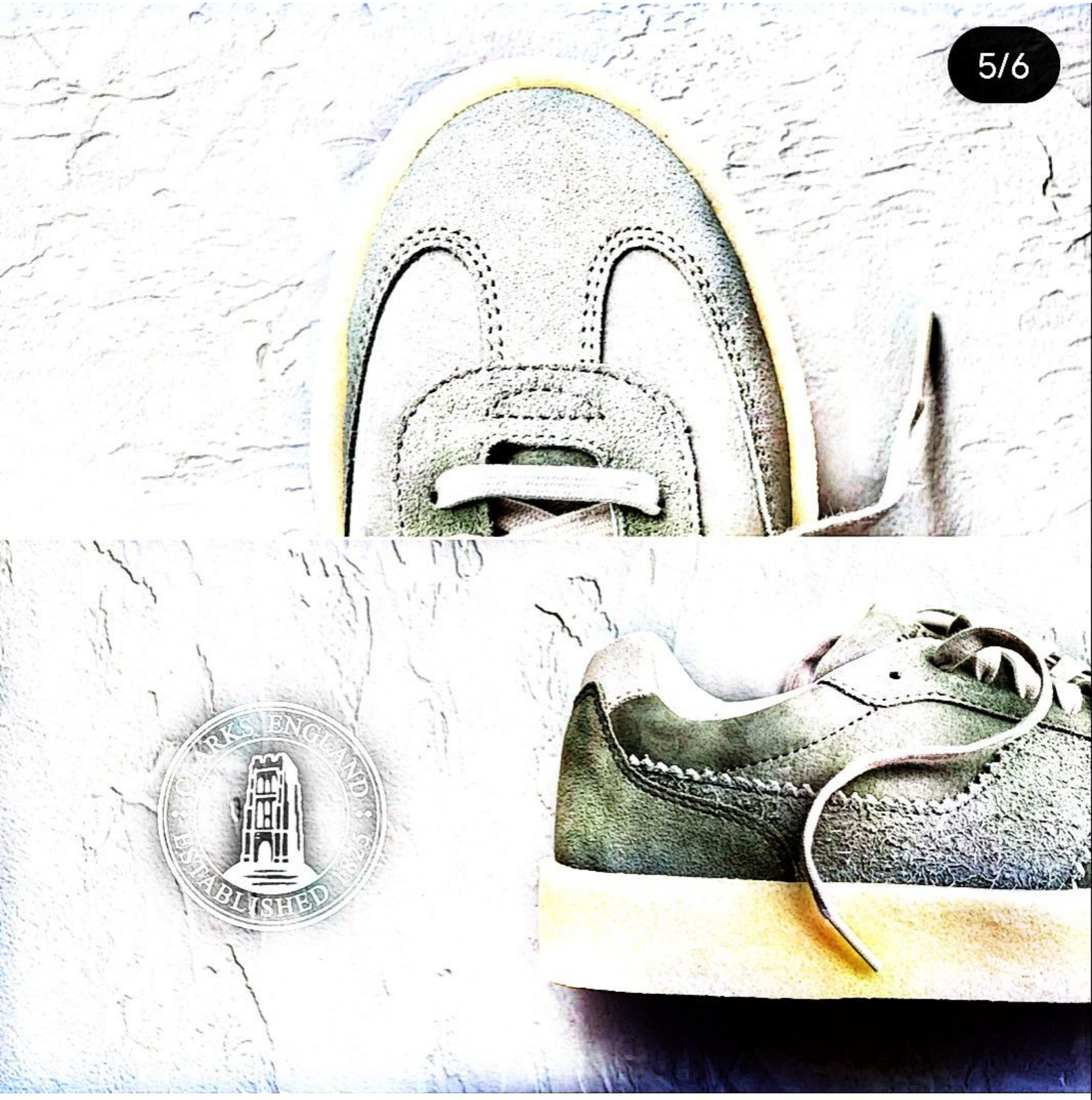
Learn ch-6 and 7

Learn ch-16 and 17

Practice ch-8 and 9

Learn ch-8 and 9

Learn ch-14 and 15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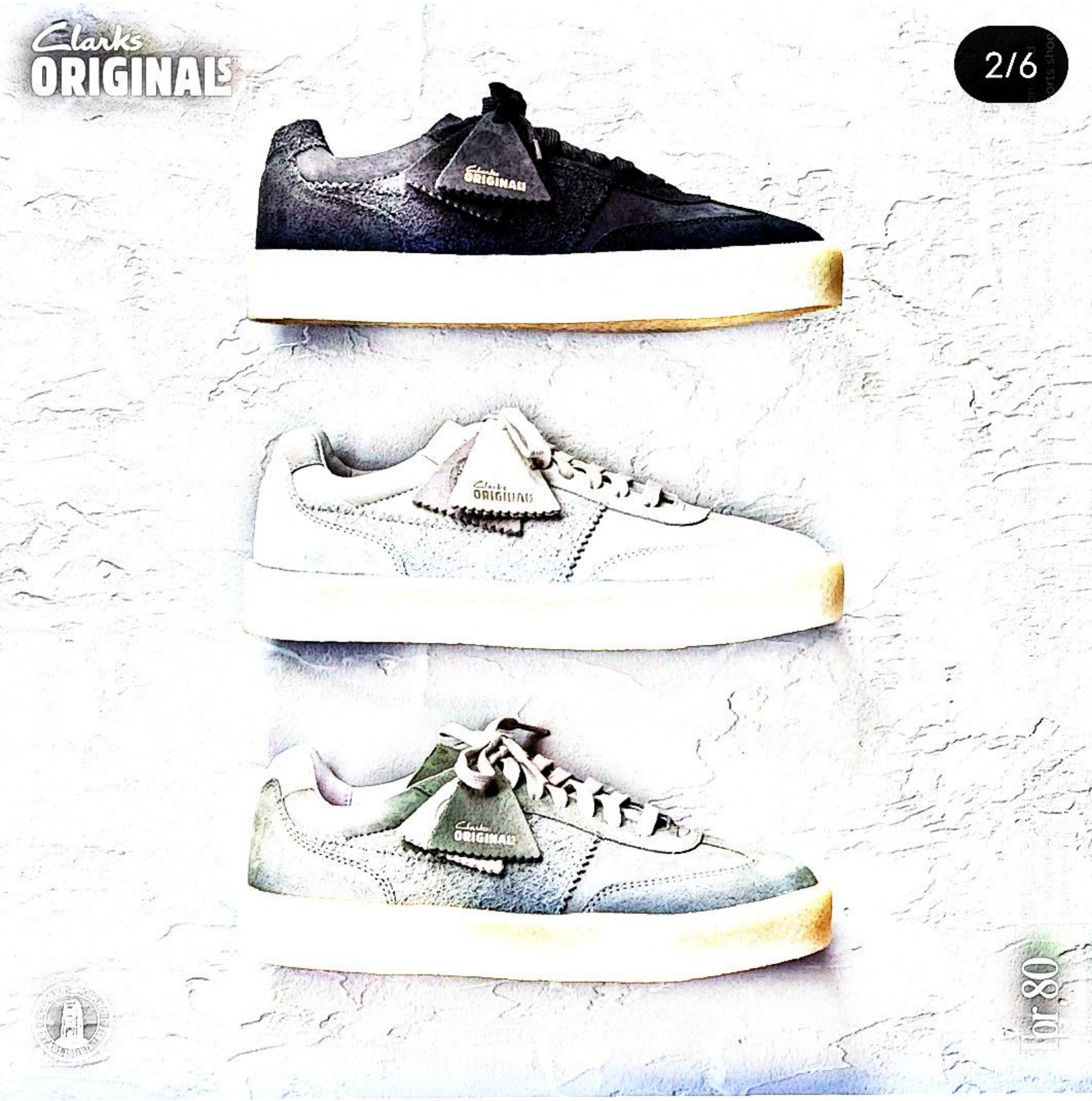
2/6



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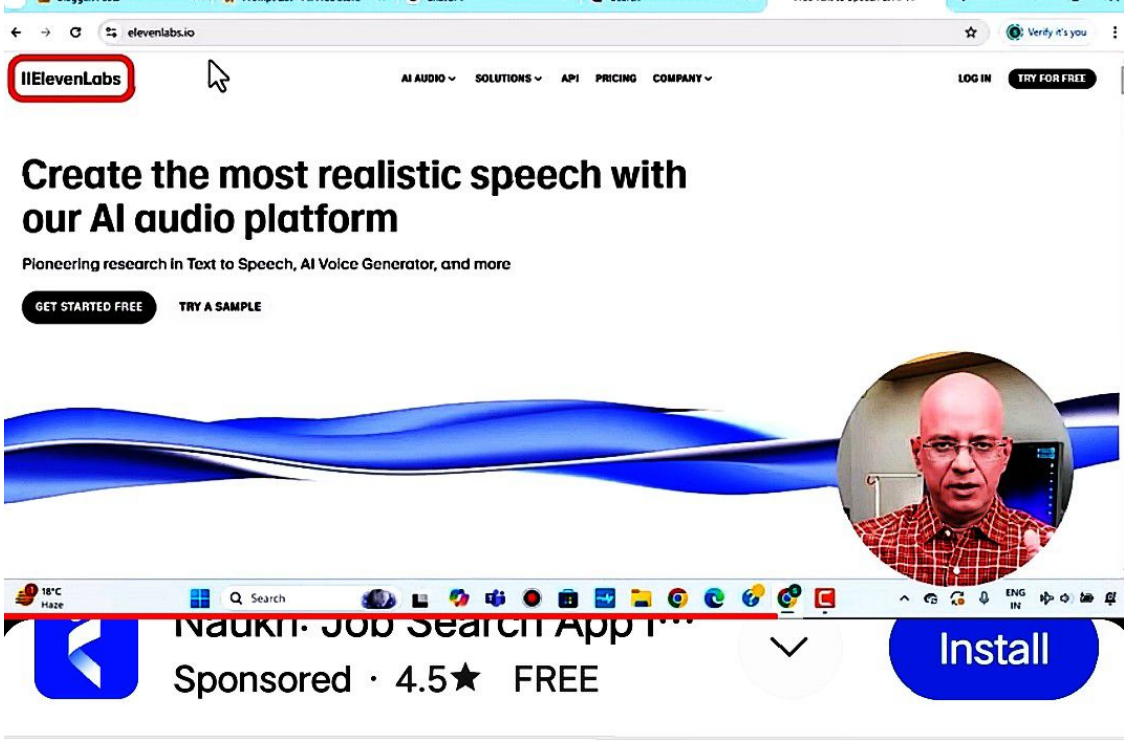

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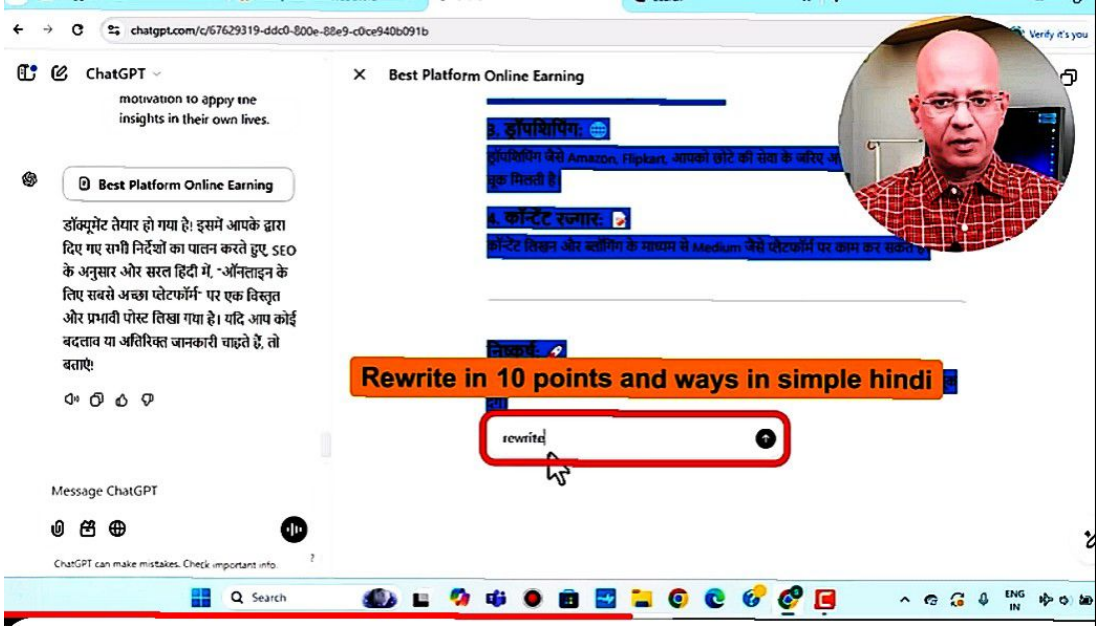
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डॉक्यूमेंट तैयार हो गया है! इसमें आपके द्वारा दिए गए सभी निर्देशों का पालन करते हुए, SEO के अनुसार और सरल हिंदी में, "ऑनलाइन के लिए सबसे अच्छा प्लेटफॉर्म" पर एक विस्तृत और प्रभावी पोस्ट लिखा गया है। यदि आप कोई बदलाव या अतिरिक्त जानकारी चाहते हैं, तो बताएं!
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TRENDING HOOKS → TRANSITIONAL HOOKS

1 LONG VIDEO → 10 SH. V → OPUS CLIP

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Comments

The spirit of a 10-year-old girl, Seema, from Jamui in Bihar is winning hearts across the internet. Today, she has become the talk of the town. Despite losing her leg in an accident two years ago, she has proved that physical disability cannot stop a person from achieving their goals. Her zeal and passion for education have won the admiration of people across India. In a video that surfaced recently but was recorded two years ago, Seema can be seen hopping to her school on one leg. She aspires to become a teacher when she grows up. Even adversities have surrendered to her courage. Seema lives in the Naxal-affected area of Fatehpur village in Khaira block. Her father's name is Khiran Manjhi. She lost her leg in an accident two years ago. Over time, she has received support from many foundations, including the Bihar government and actor Sonu Sood. Today, she is setting an inspiring example to promote the education of

D.
Why 25 December is celebrated as 'Manusmriti Dahan Divas'?
Dr. Ambedkar considered Manusmriti as the basic code of Brahminism. This book declares Brahmins as superior by birth and Scheduled Castes as inferior on the basis of birth.
DALITDESK.COM

80. **Expedient** : Suitable, advantageous.

81. **Expedite** : To hasten, to send forth, to despatch.

82. **Expire** : Breathe one's last, die, to emit or throw out from the lungs.

83. **Expostulate** : Reason earnestly with a person on some impropriety of his conduct.

84. **Exquisite** : Of superior quality, excellent.

85. **Extenuate** : To lessen, to underestimate.

86. **Exterminate** : To destroy utterly, to put an end to, to root up.

87. **Extinct** : Put out, extinguished, no longer existing.

88. **Extinguish** : To quench, to destroy.

89. **Extirpate** : To root out, to destroy totally, to eradicate.

90. **Extort** : To gain or draw from by compulsion or violence.

91. **Extrinsic** : Not contained in or belonging to a body.

92. **Exude** : Discharge through pores or incisions, as sweat, moisture, juice, gums etc.

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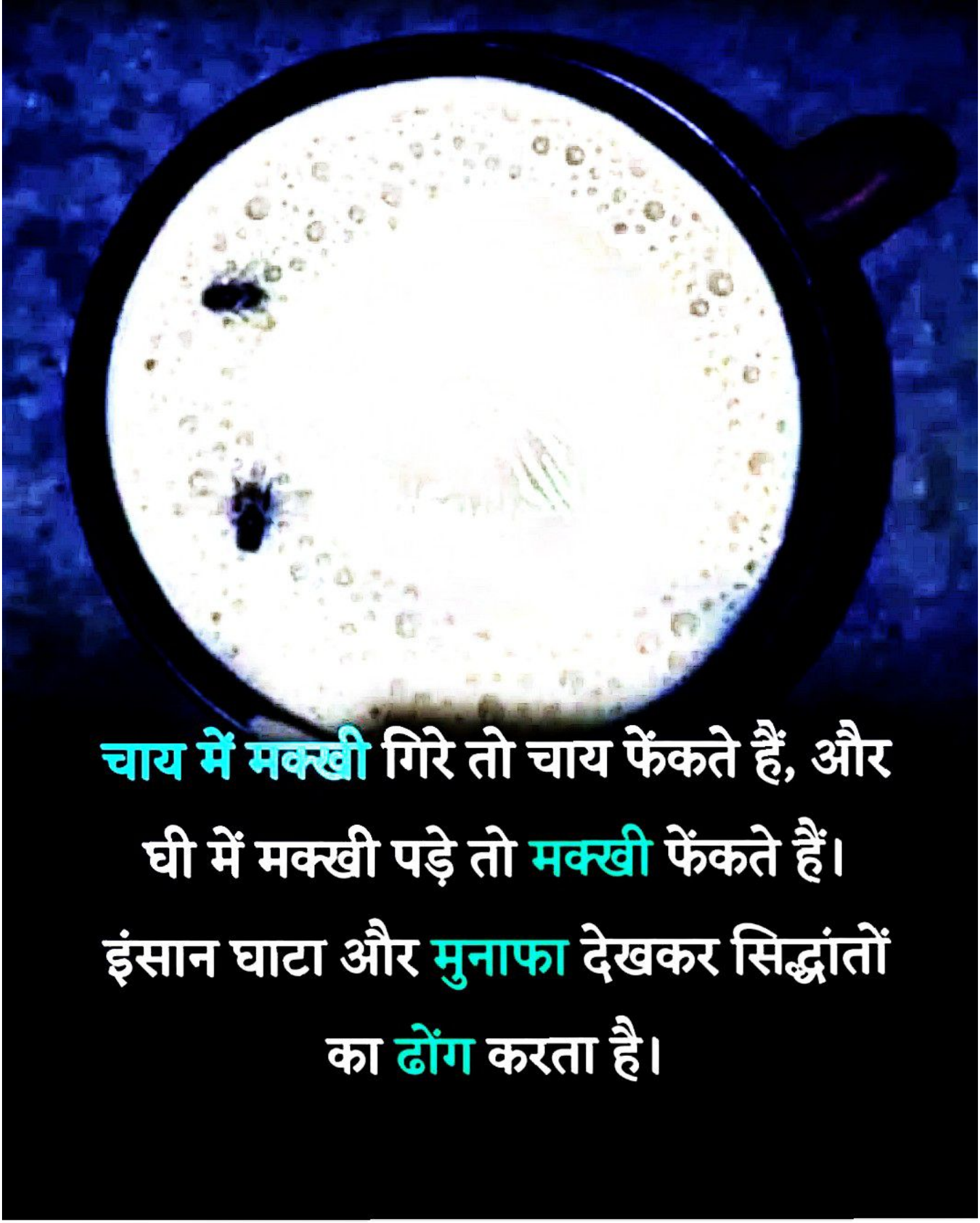

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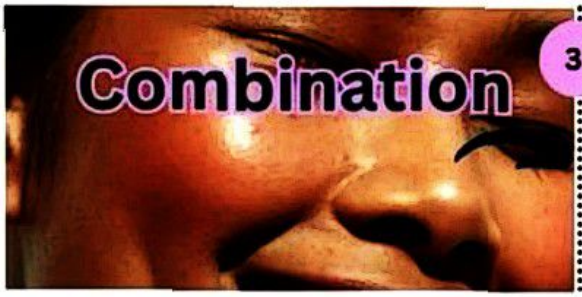
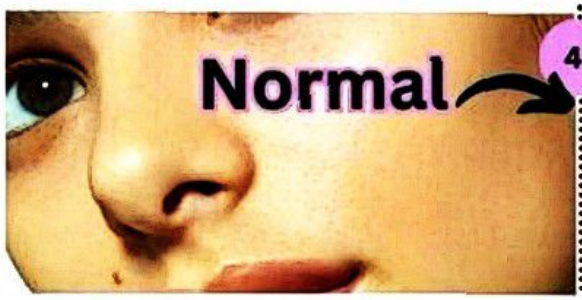


3.
- Niacinamide
- Glycolic acid
- Hyaluronic acid



4.
- Retinol
- Hyaluronic acid
- Vitamin C
- Glycolic acid

9 293 1.5K 159K

SHARMAJ @SARASWATSURESH · Dec 23

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Part XIII Trade, Commerce, and Intercourse (Articles 301-307)

Part XIV Services Under Union and States (Articles 308-323)

Part XIVA Tribunals (Articles 323A–323B)

Part XV Elections (Articles 324-329A)

Part XVI Special Provisions for Certain Classes (Articles 330-342)

Part XVII Official Language (Articles 343-351)

Part IX Panchayats (Articles 243–243O)

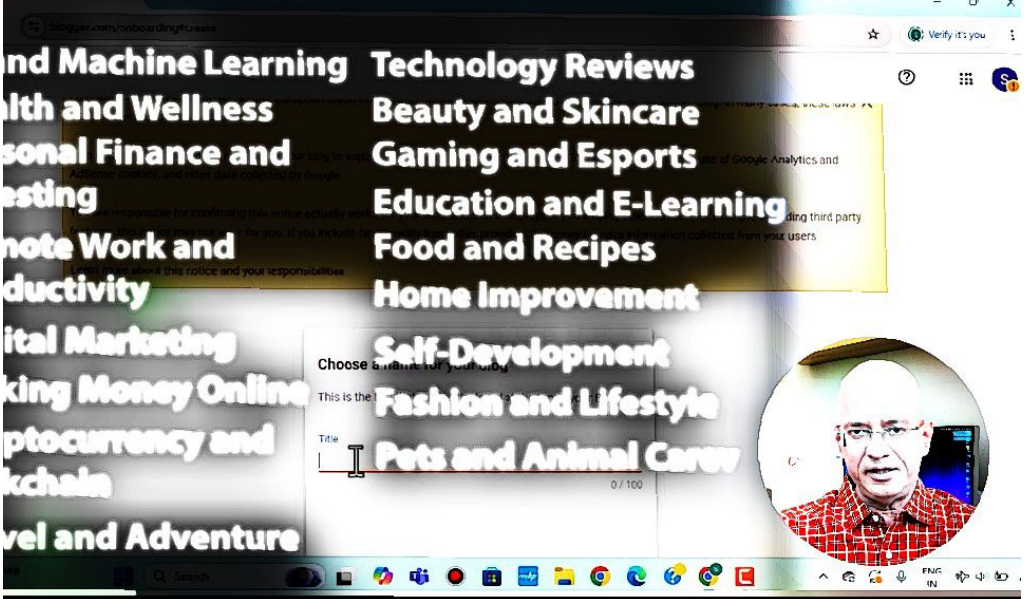
Part IXA Municipalities (Articles 243P-243ZG)

Part IXB Cooperative Societies (Articles 243ZH-243ZT)

Part X Scheduled and Tribal Areas (Articles 244-244A)

Part XI Union-State Relations (Articles 245-263)

Part XII Finance, Property, Contracts, and Suits (Articles 264-300A)



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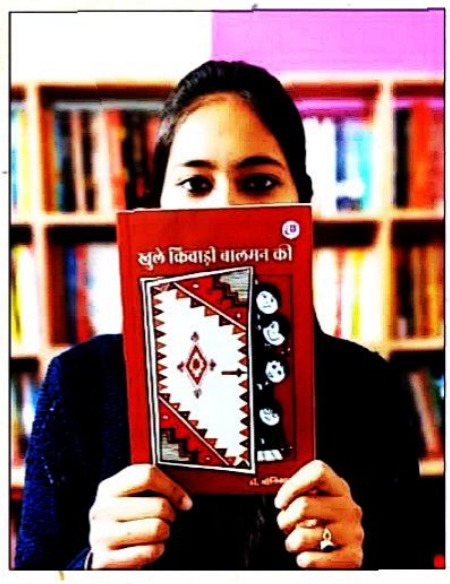
समय पत्रिका

बच्चों की परवरिश से जुड़े सवाल और सुझाव

यह एक ऐसी पुस्तक है जो बच्चों की परवरिश के दौरान अभिभावकों के सामने आने वाली चुनौतियों और अनुभवों को सरल और प्रभावी तरीके से प्रस्तुत करती है। यह पुस्तक न केवल बच्चों को संभालने के तरीकों को समझाती है, बल्कि अभिभावकों को भी अपने दृष्टिकोण और सोच को बदलने की प्रेरणा देती है। बच्चों का मासूम और चैतन्य मन बहुत कुछ सिखाता है, जिससे माता-पिता को जीवन के मूल्यों और नैतिकता की गहरी समझ मिलती है।

इस किताब में बताया गया है कि बच्चों के पालन-पोषण की कोई निश्चित मार्गदर्शिका नहीं होती, और यह यात्रा हमेशा जटिल होती है। अभिभावकों को अपनी भावनाओं के ज्वार को साधते हुए बच्चों की बेहतरी के लिए हर कदम उठाना पड़ता है। कभी यह सफर थकाने वाला तो कभी उलझन भरा हो सकता है, लेकिन हर अनुभव से अभिभावक कुछ नया सीखते हैं।

यह पुस्तक उन सवालों और समस्याओं को भी उठाती है जो बच्चों की परवरिश से जुड़ी होती हैं, और साथ ही सुझाव देती है कि कैसे अभिभावक अपनी उलझती सोच को सुलझा सकते हैं। यह पुस्तक बच्चों की परवरिश के सफर को समझने और उसे और बेहतर बनाने के लिए एक महत्वपूर्ण मार्गदर्शिका है।



SAMAY PATRIKA

609 9 comments 39 shares

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Ikpe Wisdom · Follow
4d ·

A broader shoulder to carry those burdens.

3V45CT

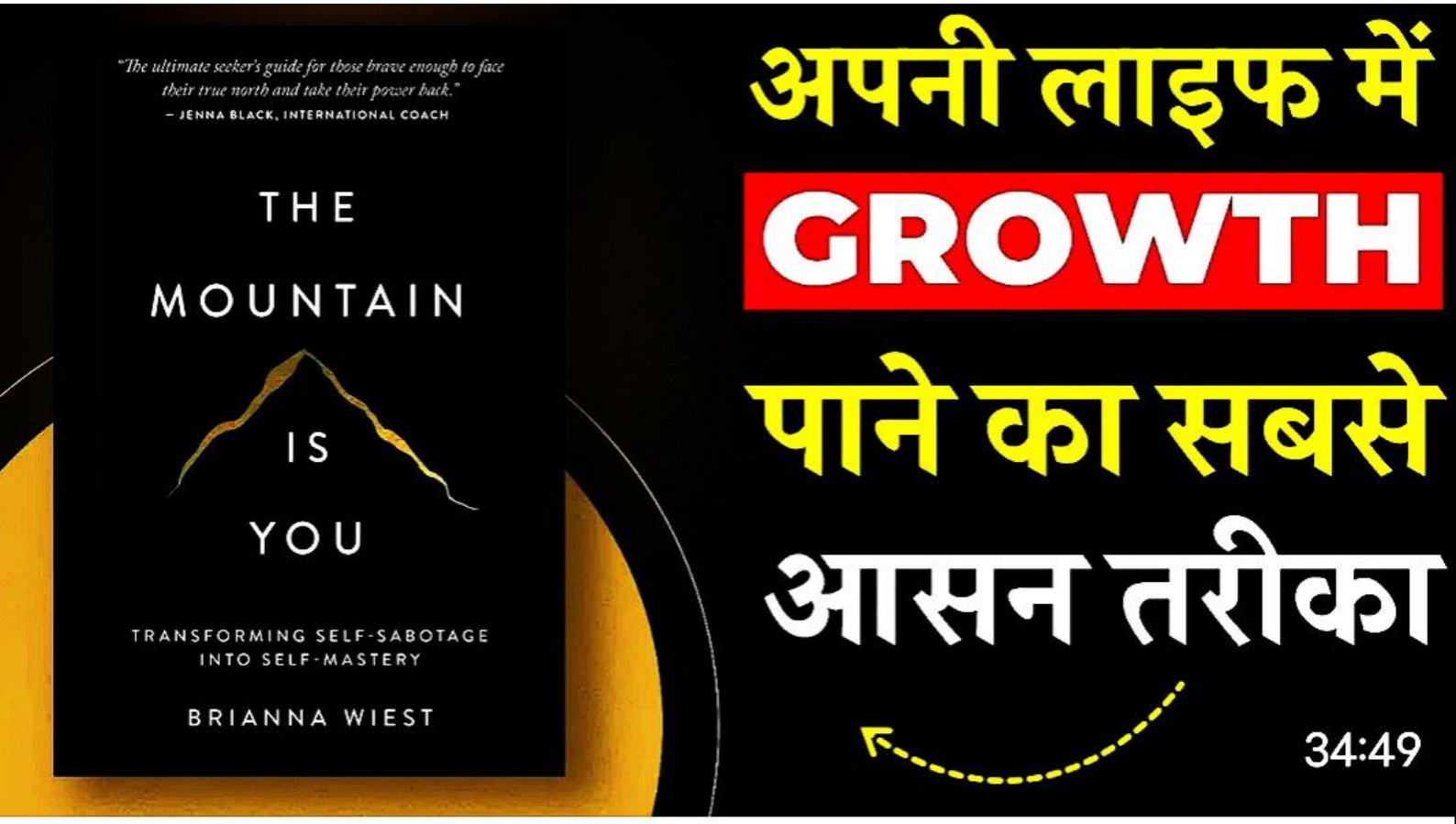
6 प्रकृति की सीख

पर्वत कहता शीश उठाकर,
तुम भी ऊँचे बन जाओ।
सागर कहता है लहराकर,
मन में गहराई लाओ।

समझ रहे हो क्या कहती है
उठ–उठ गिर–गिर तरल तरंग।
भर लो, भर लो अपने मन में,
मीठी–मीठी मृदुल उमंग।

पृथ्वी कहती, धैर्य न छोड़ो,
कितना ही हो सिर पर भार।
नभ कहता है, फैलो इतना,
ढक लो तुम सारा संसार।।

– सोहन लाल द्विवेदी


"The ultimate seeker's guide for those brave enough to face their true north and take their power back."
– JENNA BLACK, INTERNATIONAL COACH
THE MOUNTAIN IS YOU
TRANSFORMING SELF-SABOTAGE INTO SELF-MASTERY
BRIANNA WIEST
अपनी लाइफ में
GROWTH
पाने का सबसे
आसन तरीका
34:49

The Mountain Is You By Brianna Wiest | अपनी लाइफ में Growth पाने का सबसे आसान ...

Book Insider · 10K views · 2 months ago

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intel evo EDITION
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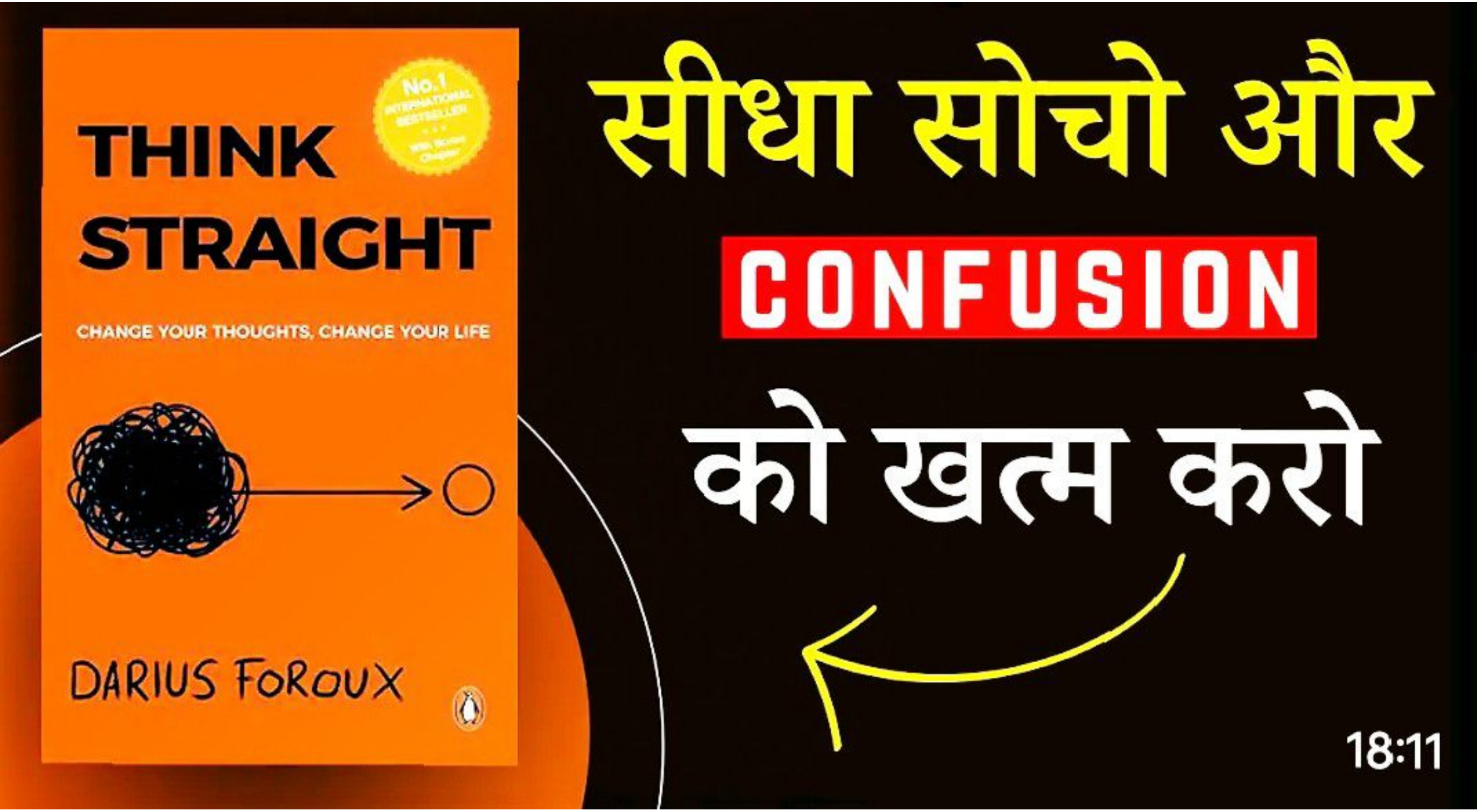
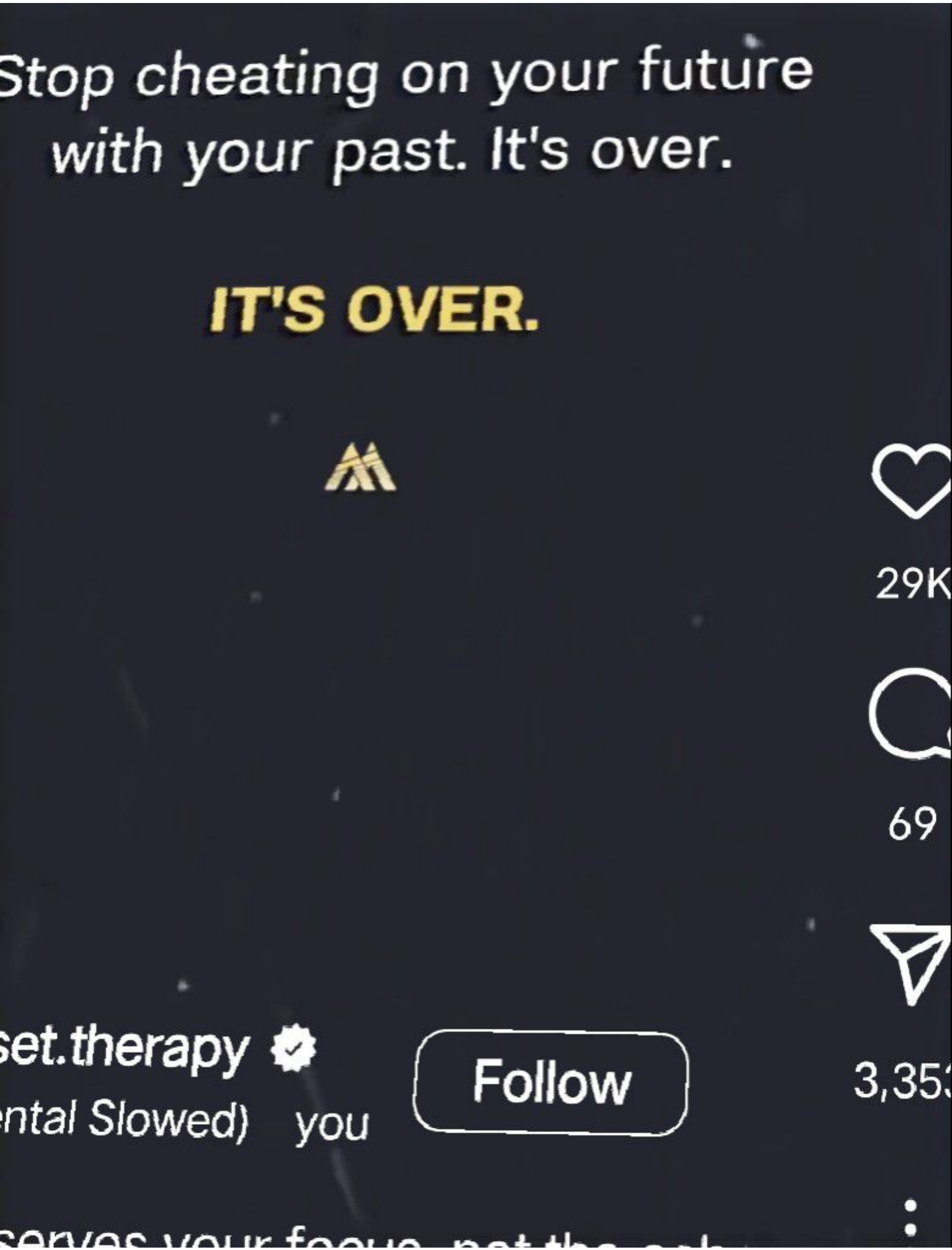

THINK
STRAIGHT
No.1
INTERNATIONAL
BESTSELLER
CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE
DARIUS FOROUX
सीधा सोचो और
CONFUSION
को खत्म करो
18:11


Stop cheating on your future
with your past. It's over.
IT'S OVER.
29K
69
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Follow
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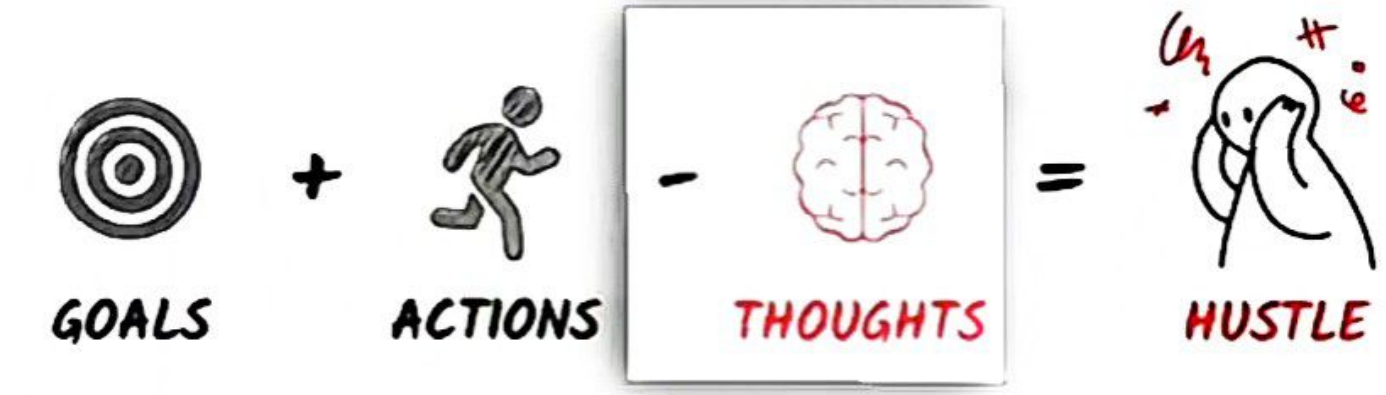
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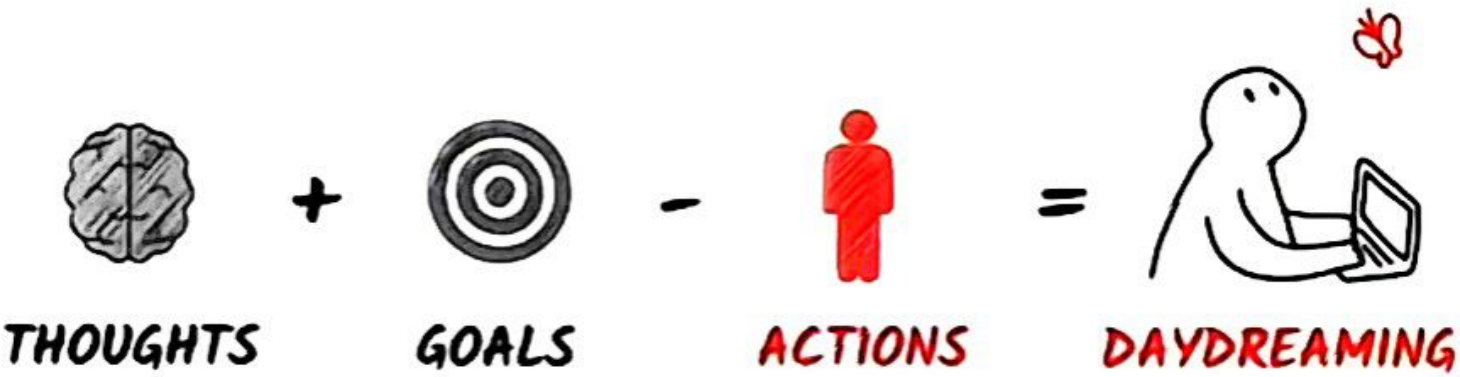
THOUGHTS
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ACTIONS
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DAYDREAMING

ACTIONS
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GOALS
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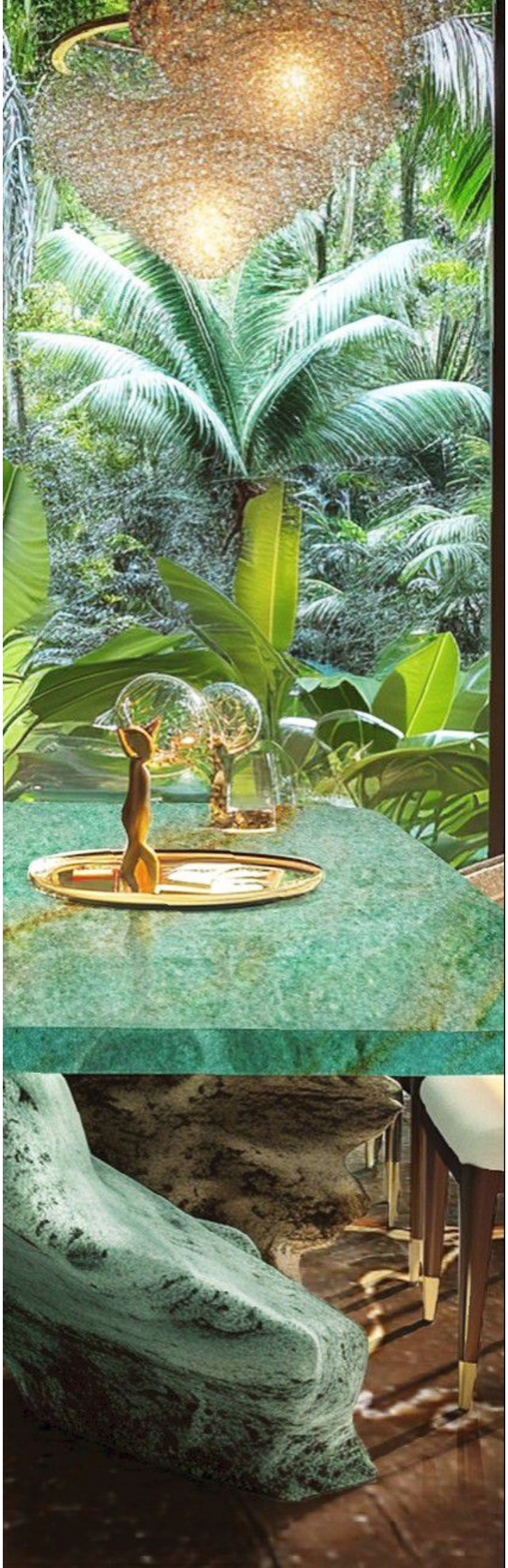
STAGNATION



जिला कलेक्टर

@pal.motivational

|| किसी ने बड़े कमाल की बात कही है ||

कि यदि रास्ते पर कंकड़ ही कंकड़ हो और
आपने अच्छा जूता पहना हो

तो आप उसपर चल सकते हैं।

लेकिन यदि आपके अच्छे जूते के अंदर एक
भी कंकड़ हो

तो आप अच्छे रास्ते पर एक कदम से ज़्यादा

चल नहीं सकते

कहानी का सार ये समझाता है कि जीवन में हम बाहर की चुनौतियों से नहीं, अपने अंदर की कमज़ोरियों से हमेशा हारते हैं।

82

7,001

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Siddhu Kumar • Broker
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कहानी का यह सार समझता है कि जीवन में हम बाहर की

Would rather - (पसंद करना)

I would rather stay home.
(मैं घर पर रहना पसंद करूंगा।)

Won't have - (स्वीकार नहीं करना)

I won't have you speak like this.
(मैं तुम्हें इस तरह बोलने नहीं दूंगा।)

Can't possibly - (संभव नहीं हो सकता)

That can't possibly be true.
(यह सच नहीं हो सकता।)

Would like to - (चाहना)

I would like to drink coffee.
(मैं कॉफी पीना चाहूंगा।)

English Four Skills

@english_four_skills

Fear.

P0rn.

Sugar.

Games.

Fapping.

Junk food.

Bad Habits.

Toxic friends.

No Skipping days.

No Cheating meals.

No Days off from gym.

No setting small goals.

No accepting disrespect.

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f you don't agree to me

0%
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nvestments for 2025 🚀 ···

inwardly determine to change yourself, and you can change your destiny according to your will.

Paramahansa Yogananda

भीतर में स्वयं को बदलने का दृढ़ निश्चय करें, और आप अपने प्रारब्ध को अपनी इच्छानुसार परिवर्तित कर सकते हैं।

परमहंस योगानन्द

ये बताए तरीके से डेढ चम्मच लो
जीवन खुशियों से भर जाएगा
11.7K
वैद्यराज
डॉ सतीश त्यागी
38
13.8K
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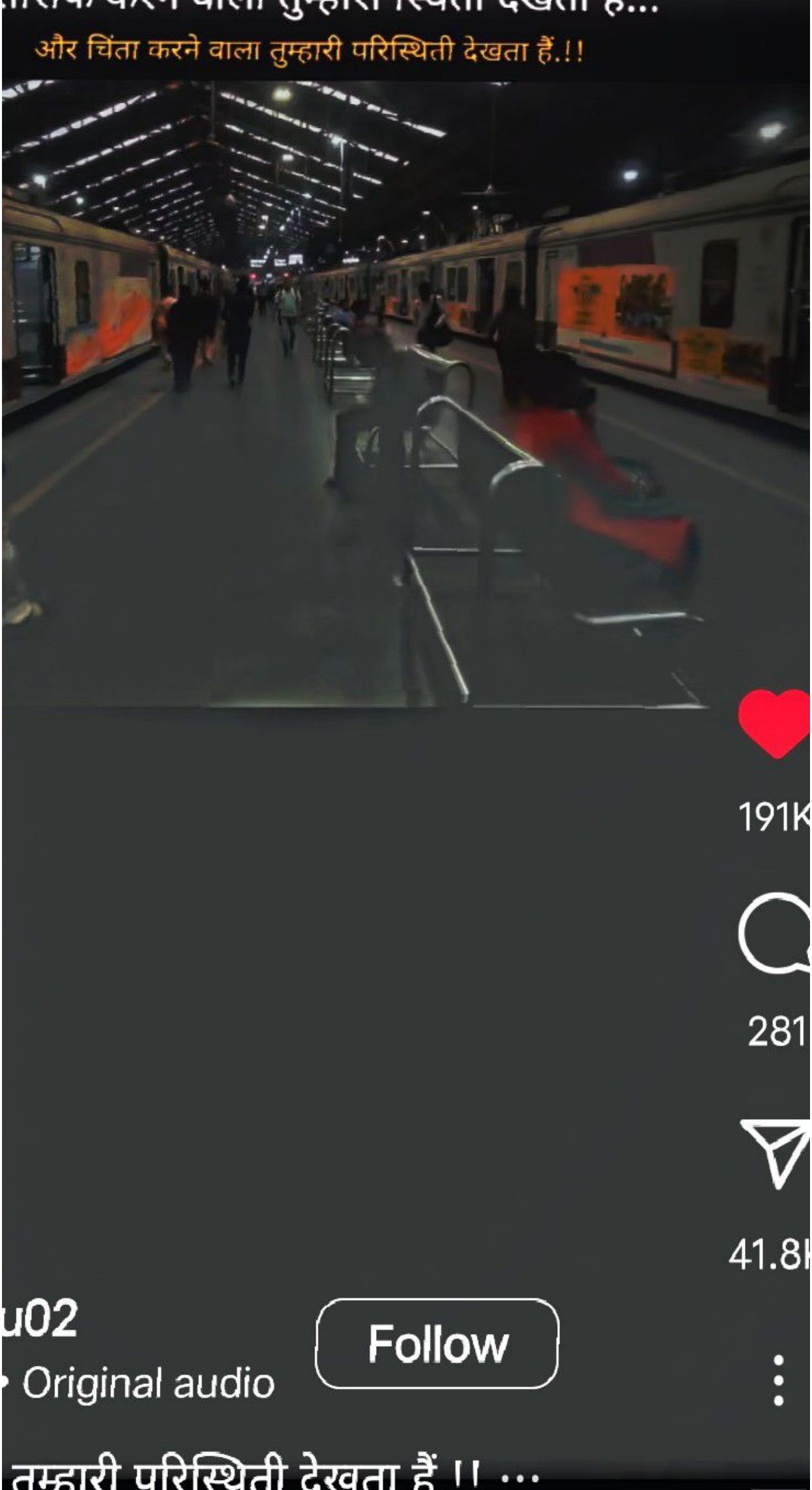
और चिंता करने वाला तुम्हारी परिस्थिती देखता हैं.!!
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Original audio
तुम्हारी परिस्थिती देखता हैं !! ...

रिश्तेदारों के छः गुण

सत्यं माता पिता ज्ञानं धर्मो भ्राता दया सखा।
शान्तिः पत्नी क्षमा पुत्रः षडेते मम बान्धवाः॥11॥

आचार्य चाणक्य व्यक्ति के गुणों को उसका परम हितैषी बताते हुए कहते हैं कि सत्य मेरी माता है, ज्ञान पिता है, धर्म भाई है, दया मित्र है, शान्ति पत्नी है तथा क्षमा पुत्र है, ये छः ही मेरे सगे-सम्बन्धी हैं।

आशय यह है कि सच्चाई व्यक्ति की मां के समान है, ज्ञान पिता के समान, धर्म भाई के समान, दया करना मित्र के समान, शान्ति पत्नी के समान और क्षमा करना पुत्र के समान है। ये छः गुण ही उसके सच्चे रिश्तेदार होते हैं।

दुष्ट दुष्ट ही है

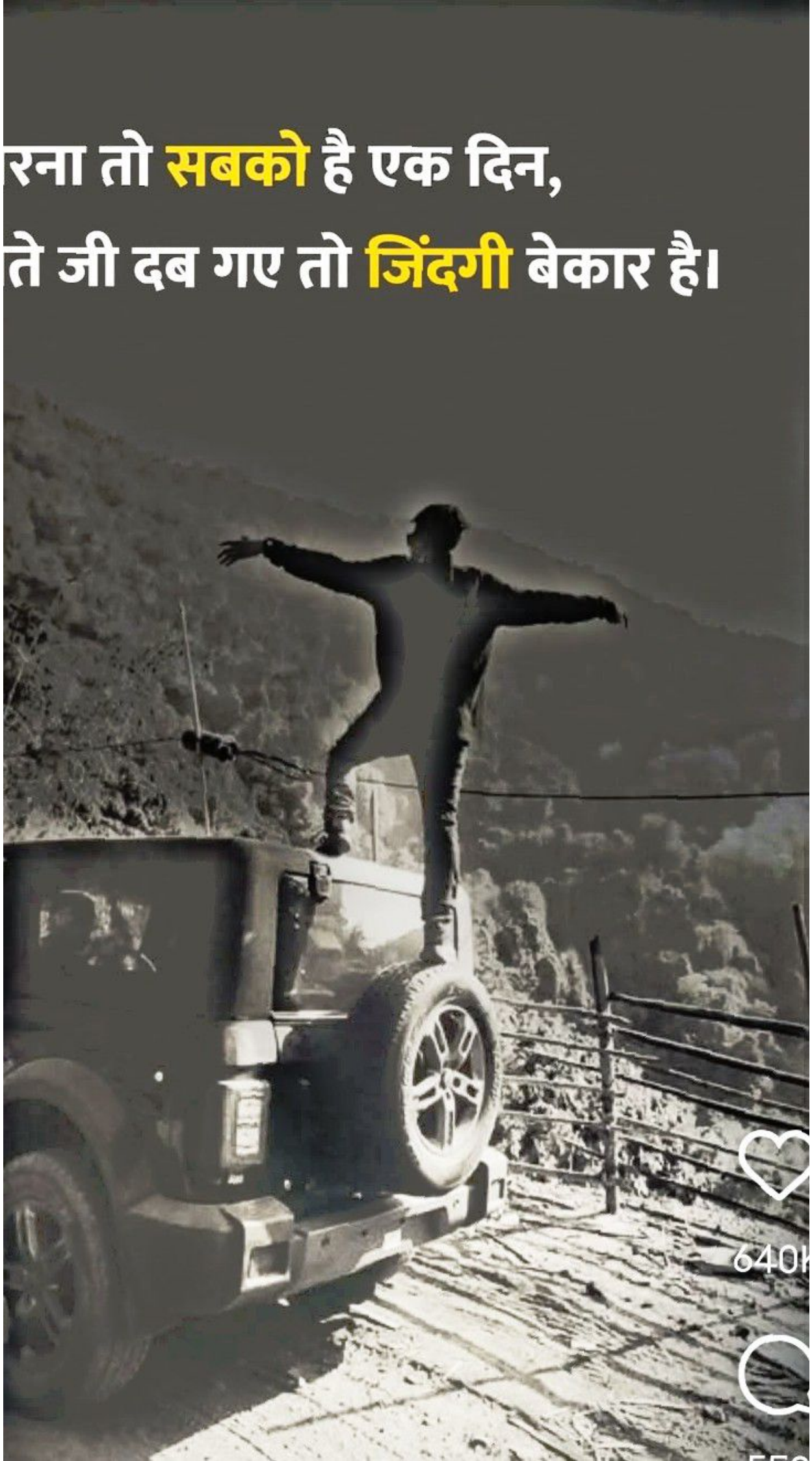
वयसः परिणामे हि यः खलाः खल एव सः॥
सुपक्वमपि माधुर्यं नोपायतीन्द्र वारुणम्॥12॥

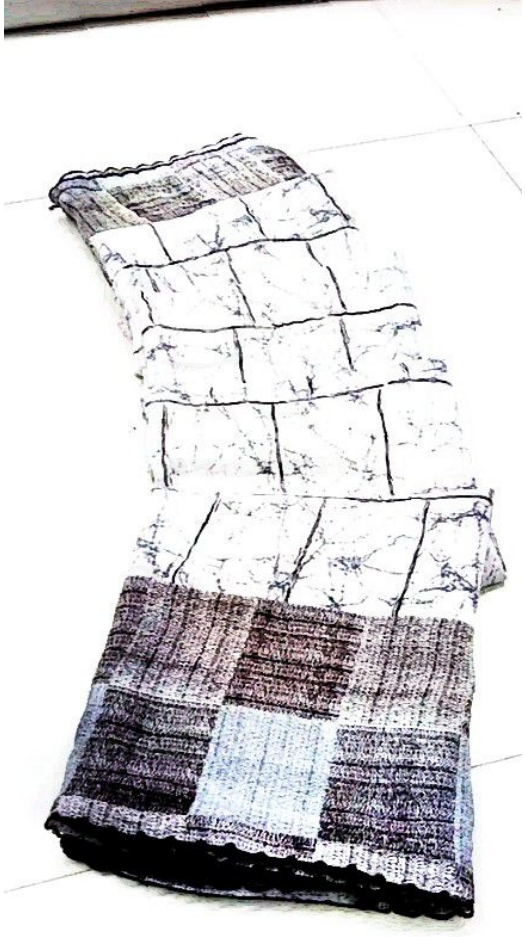
आचार्य चाणक्य कहते हैं [illegible] जो दुष्ट होता है, दुष्ट ही रहता है। अच्छा [illegible] वारुण का [illegible] मीठा नहीं होता।

Send “Hi” on Whatsapp no. “9881193322”

रना तो सबको है एक दिन,

ते जी दब गए तो जिंदगी बेकार है।





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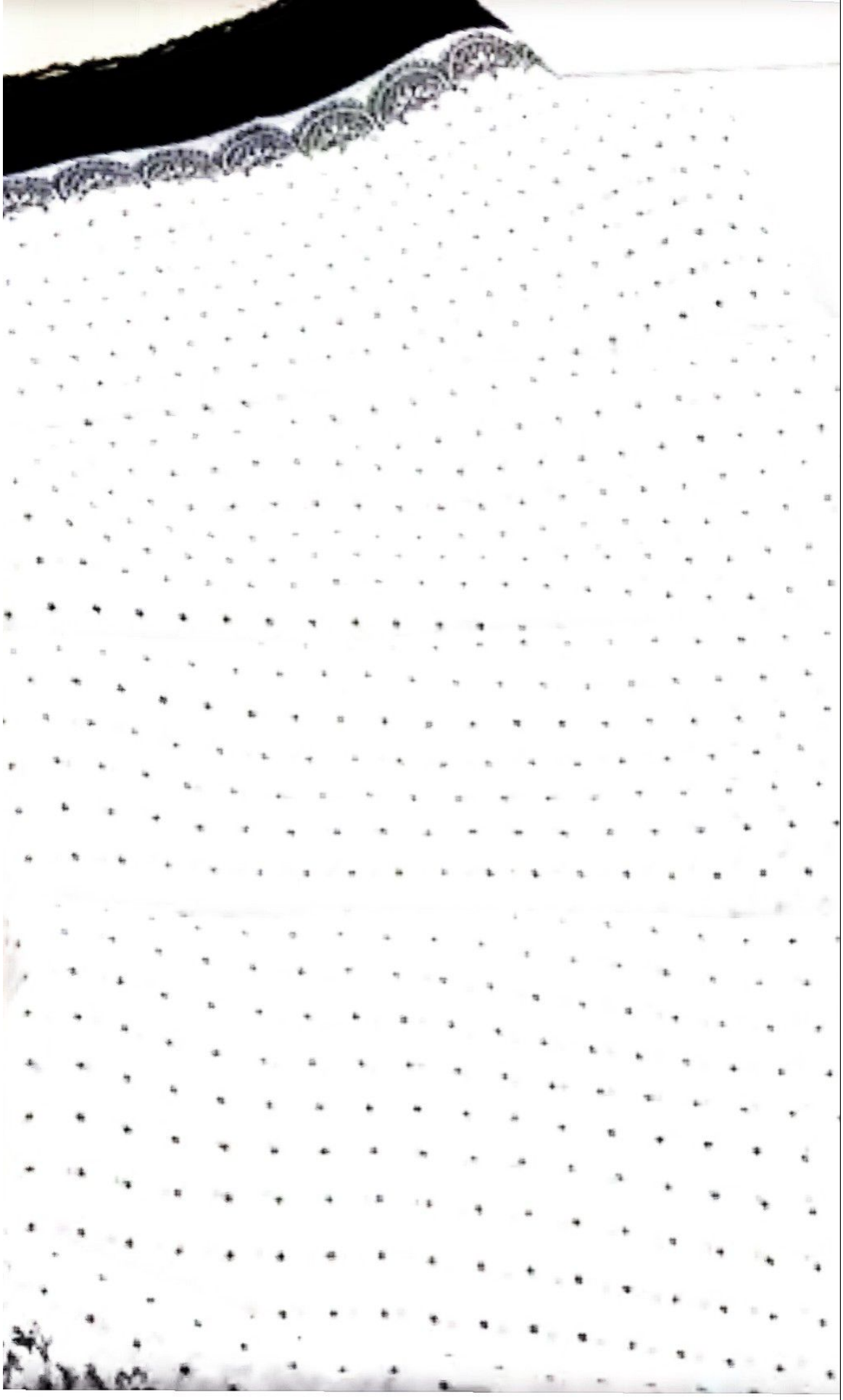
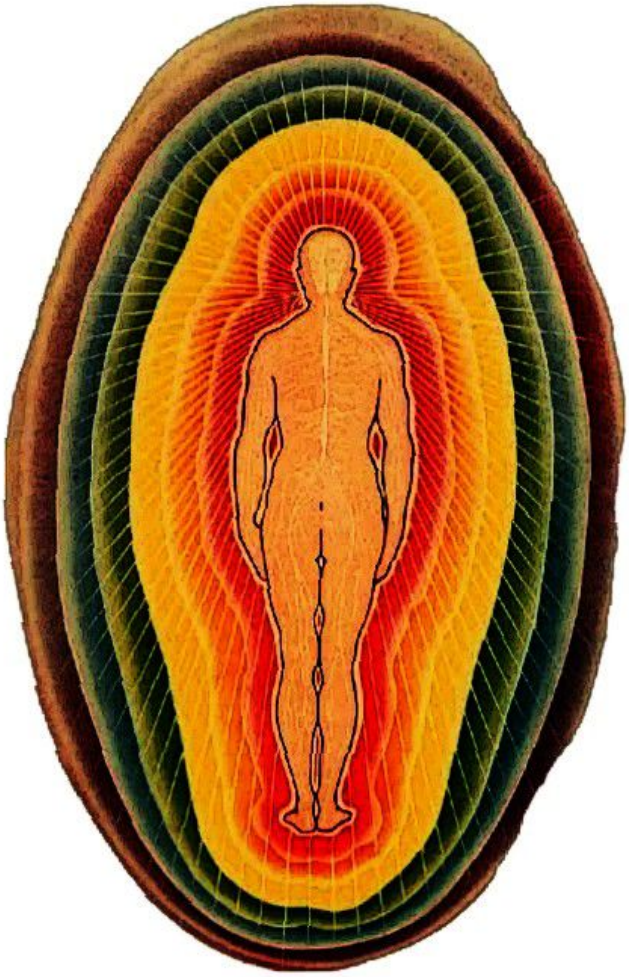


किसी दुकानदार को अपने से कम बुद्धिमान मत समझो

एक आदमी एक दुकानदार के पास जाके रोज कहता था अगर ये मेरा दुकान होता तो मैं इसको बहुत बड़ा बिजनेस में बदल देता लेकिन मेरे पास पैसा नहीं है दुकान खोलने के लिए दुकानदार उस आदमी की बात रोज रोज सुन सुन कर एक दिन दुकानदार ने उस आदमी से कहा 100 चॉकलेट है इस डिब्बे में तुमको सारा चॉकलेट बेचना है मेरे खरीददारी के आधा दाम पर लेकिन आप को 1 घंटे में बेचना है तो आप को मान जाऊंगा की आप दुकान को बिजनेस में बदल दोगे उस आदमी 1 घंटे में पांच आदमी को 20 चॉकलेट कुल बेच पाया तब दुकान दार ने बोला तुम घंटा दुकान करोगे मेरे पड़ोस कबसे चॉकलेट खतम था अगर तुम उस दुकान पर जाते तो 5 मिनट में बेच पाते यही होता है कहने और करने में फर्क है।

अगर आपको Reels दिल से पसंद आया है तो शेयर और फॉलो जरूर करें।

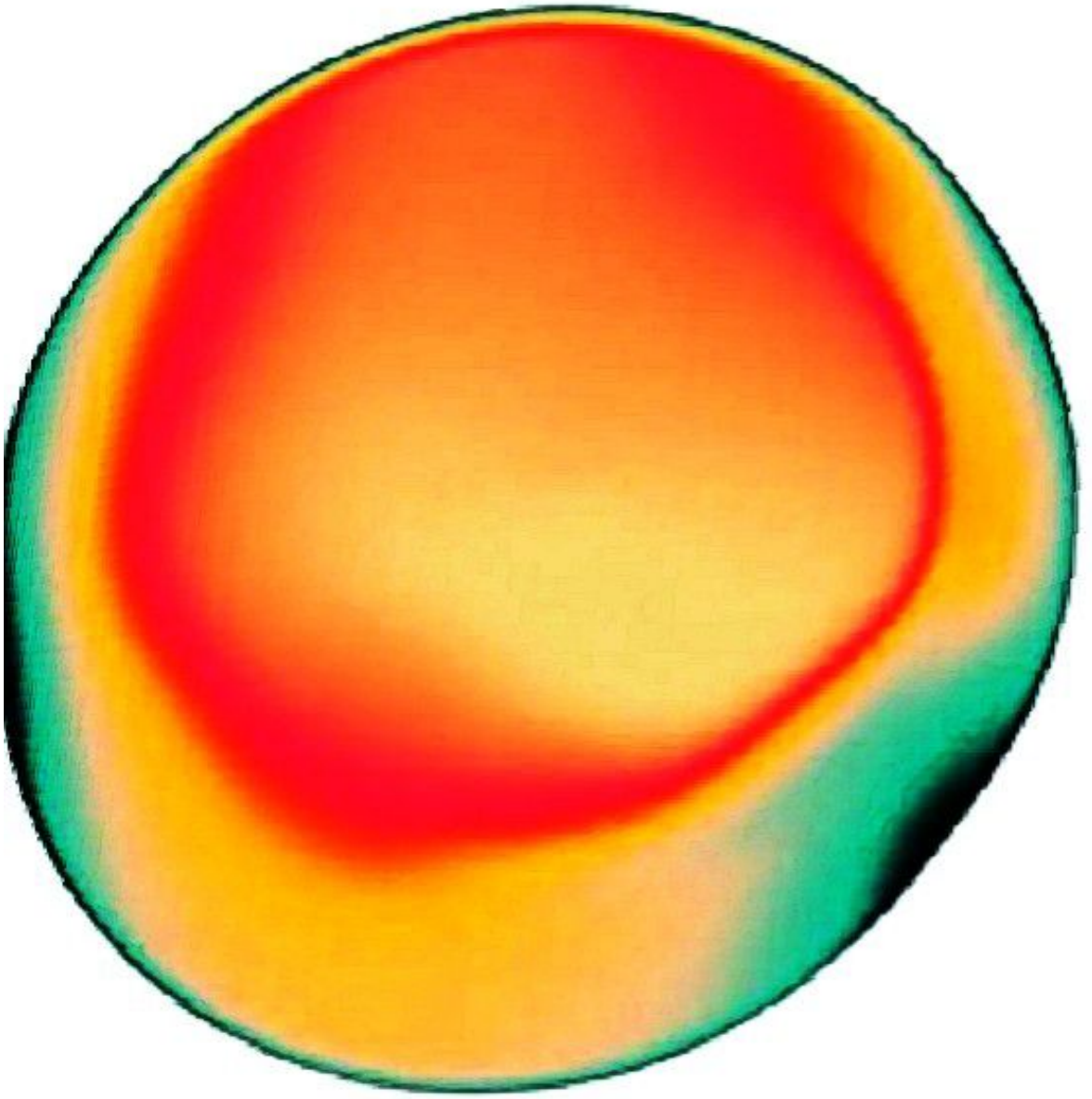
business_fact
Follow
किसी दुकानदार को अपने से कम बुद्धिमान मत समझो | ...



Which step will you try first today?

Drop a 🌟 and share your favourite ways to raise your vibe in the comments!

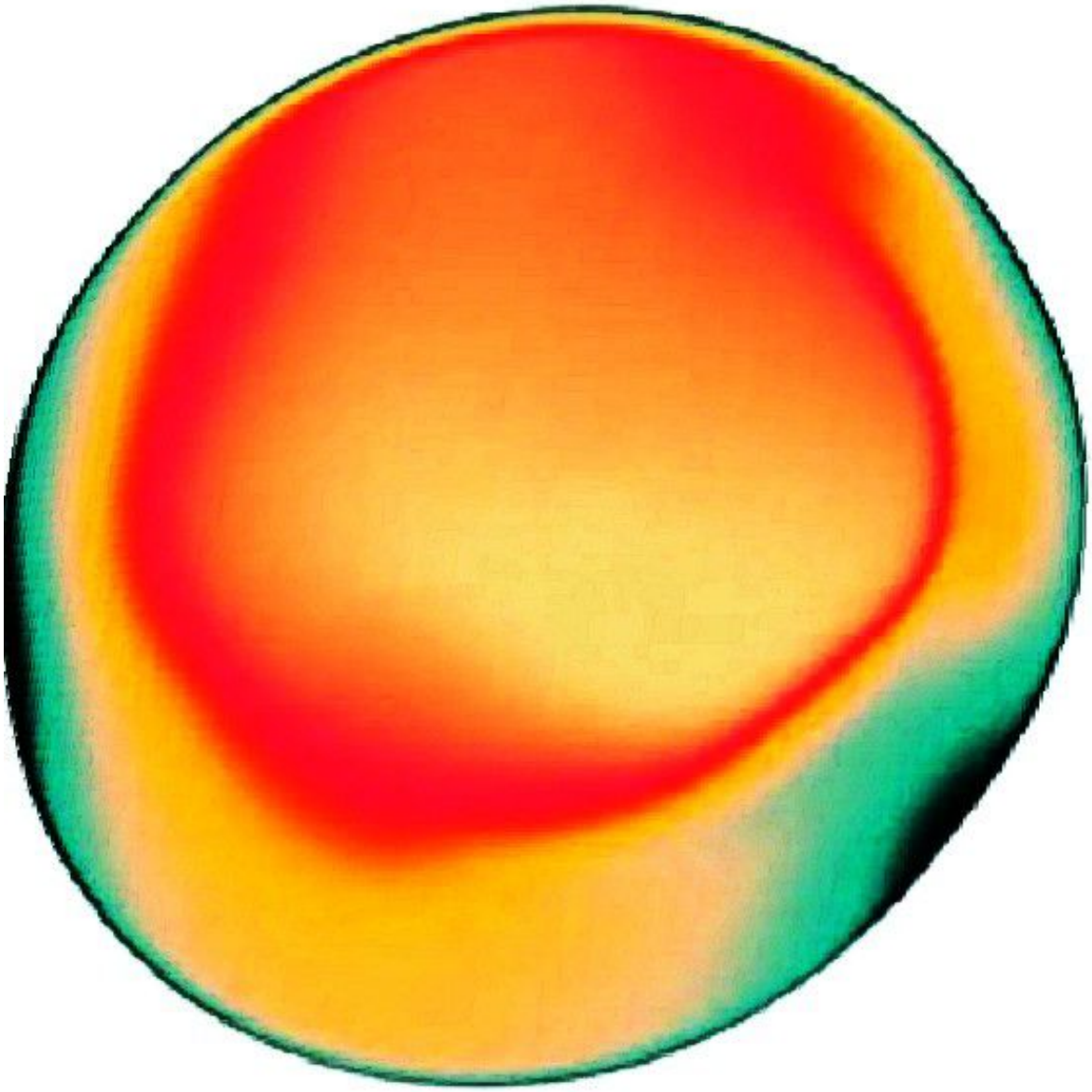
@manifestation_whispers



positive affirmation out loud.

r desired reality, e.g., "I am aligned with
st self and attracting joy effortlessly.

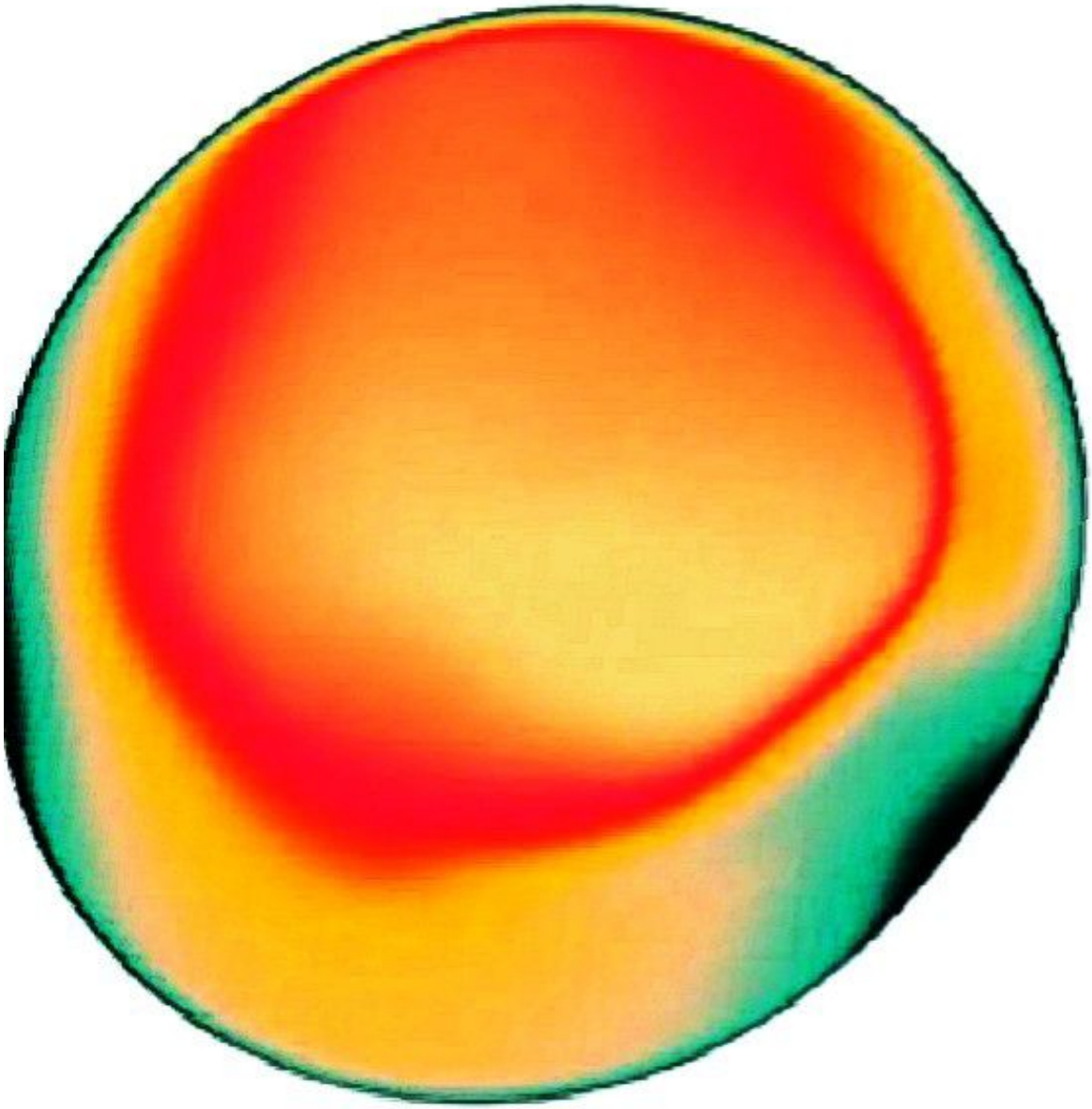
@manifestation_whispers



ur dream life as if it's already real.

eyes and imagine living your dream life.
he emotions of already having it.

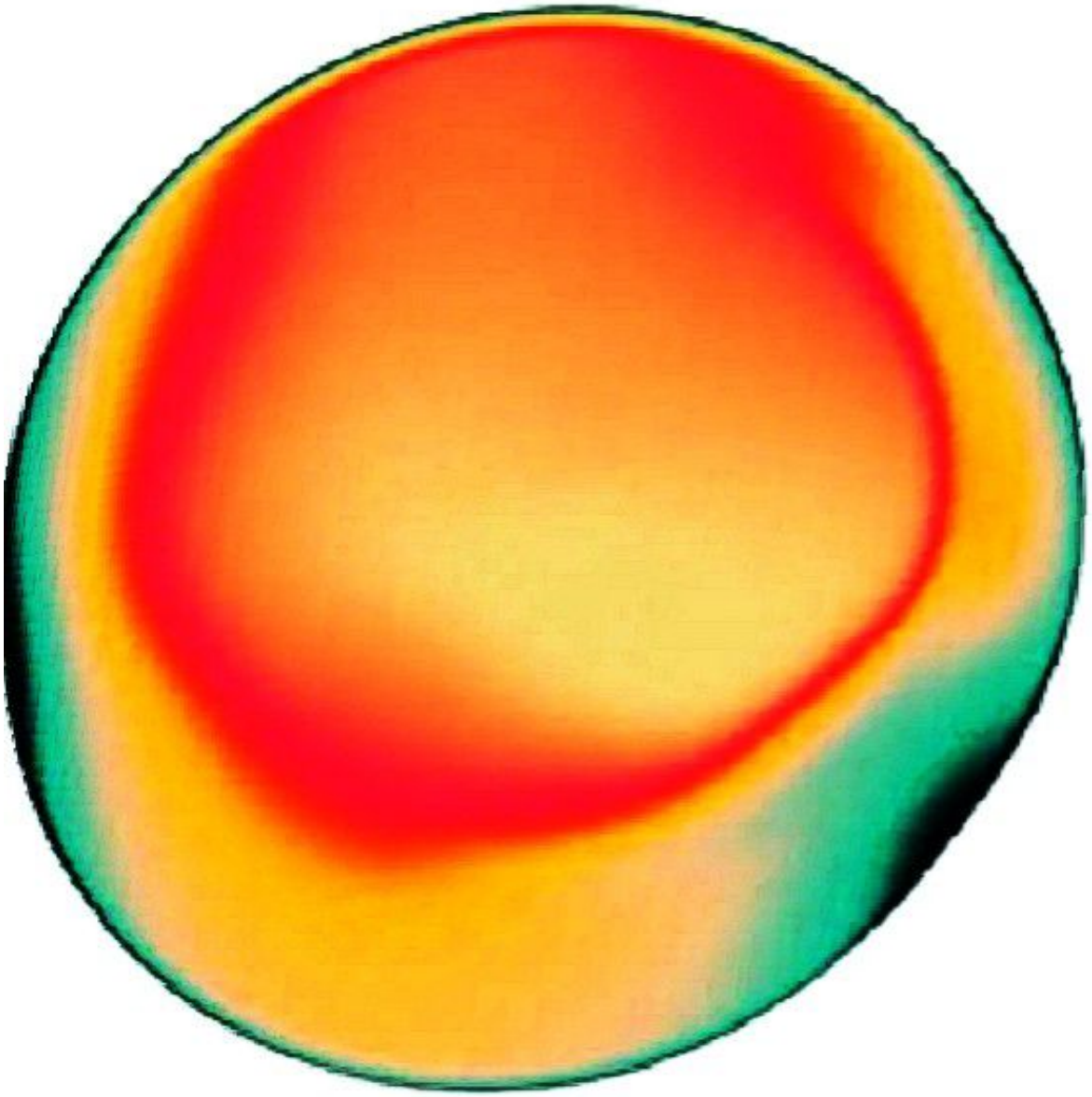
@manifestation_whispers



Spend time in nature.

le and connect with the earth. Feel the
nlight, or the sound of leaves rustling.

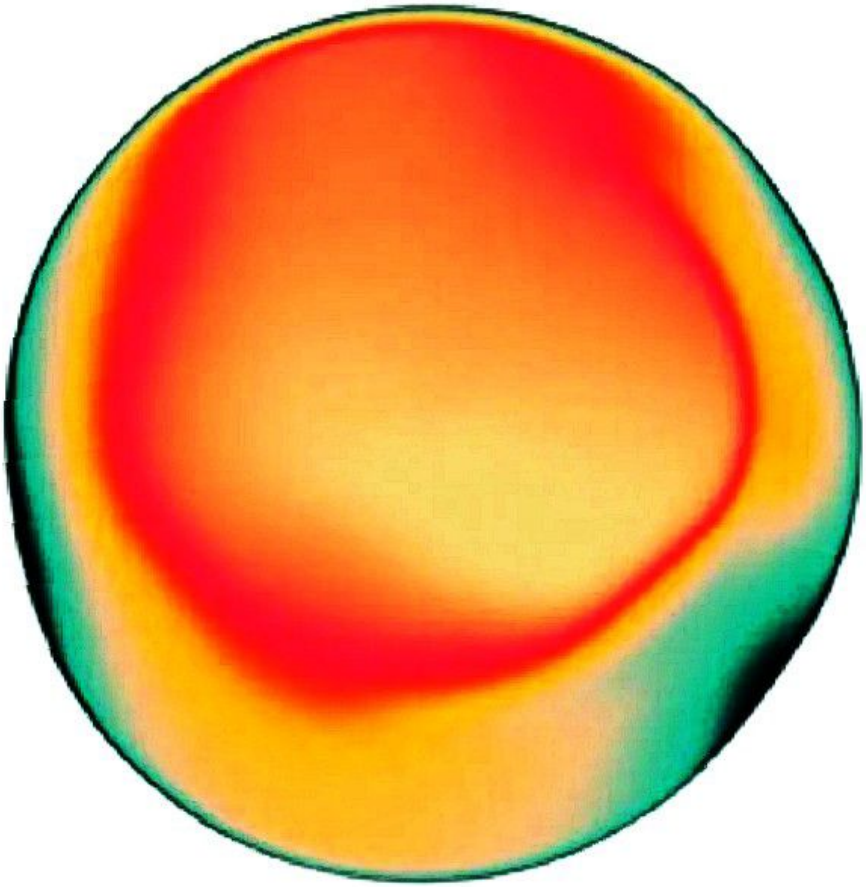
@manifestation_whispers



Move your body joyfully.

:ch, or go for a walk. Physical movement
dorphins and clears stagnant energy.

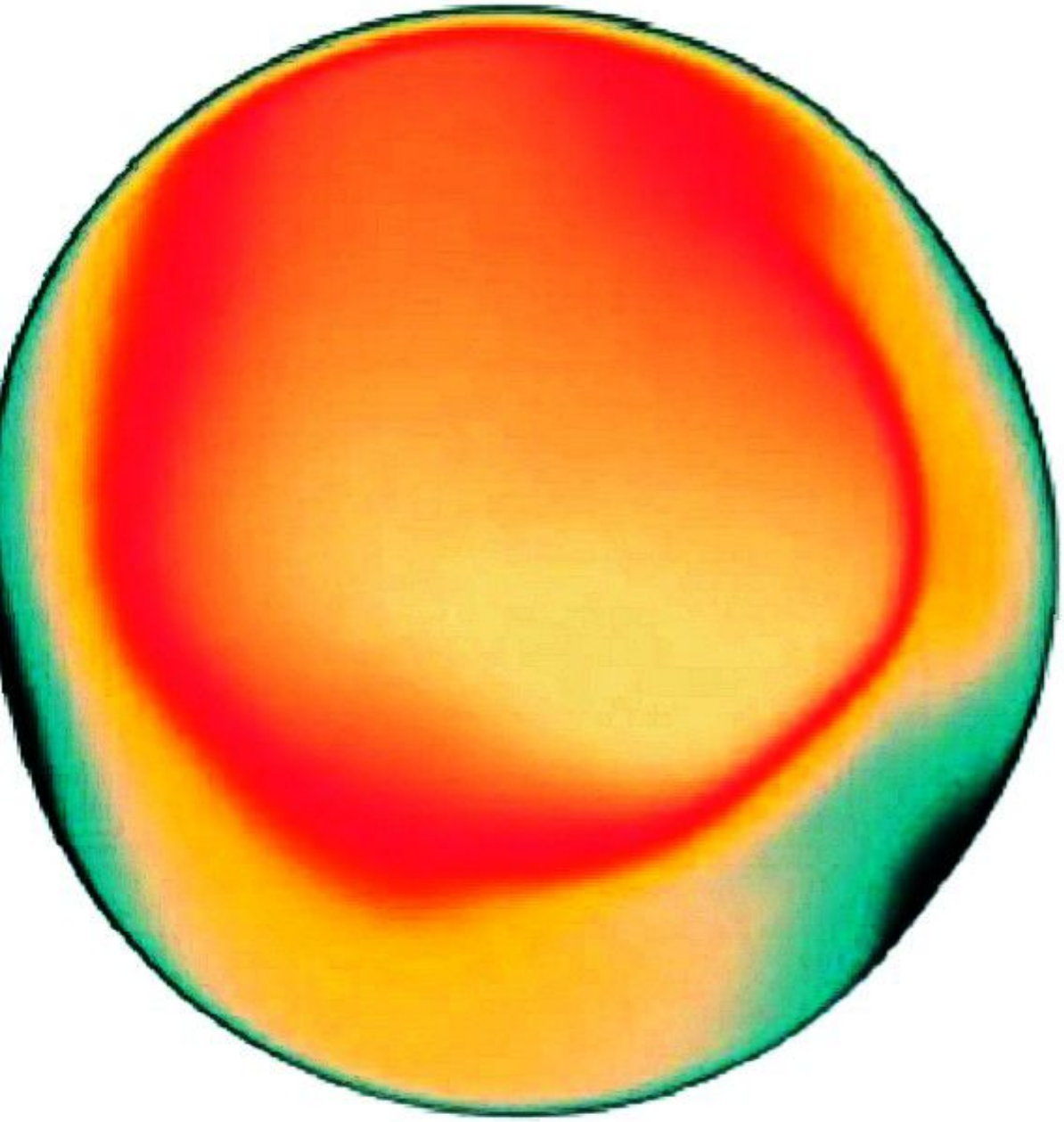
@manifestation_whispers



Help someone without expecting anything back.

Acts of kindness shift your focus from lack to abundance, filling your heart with joy.

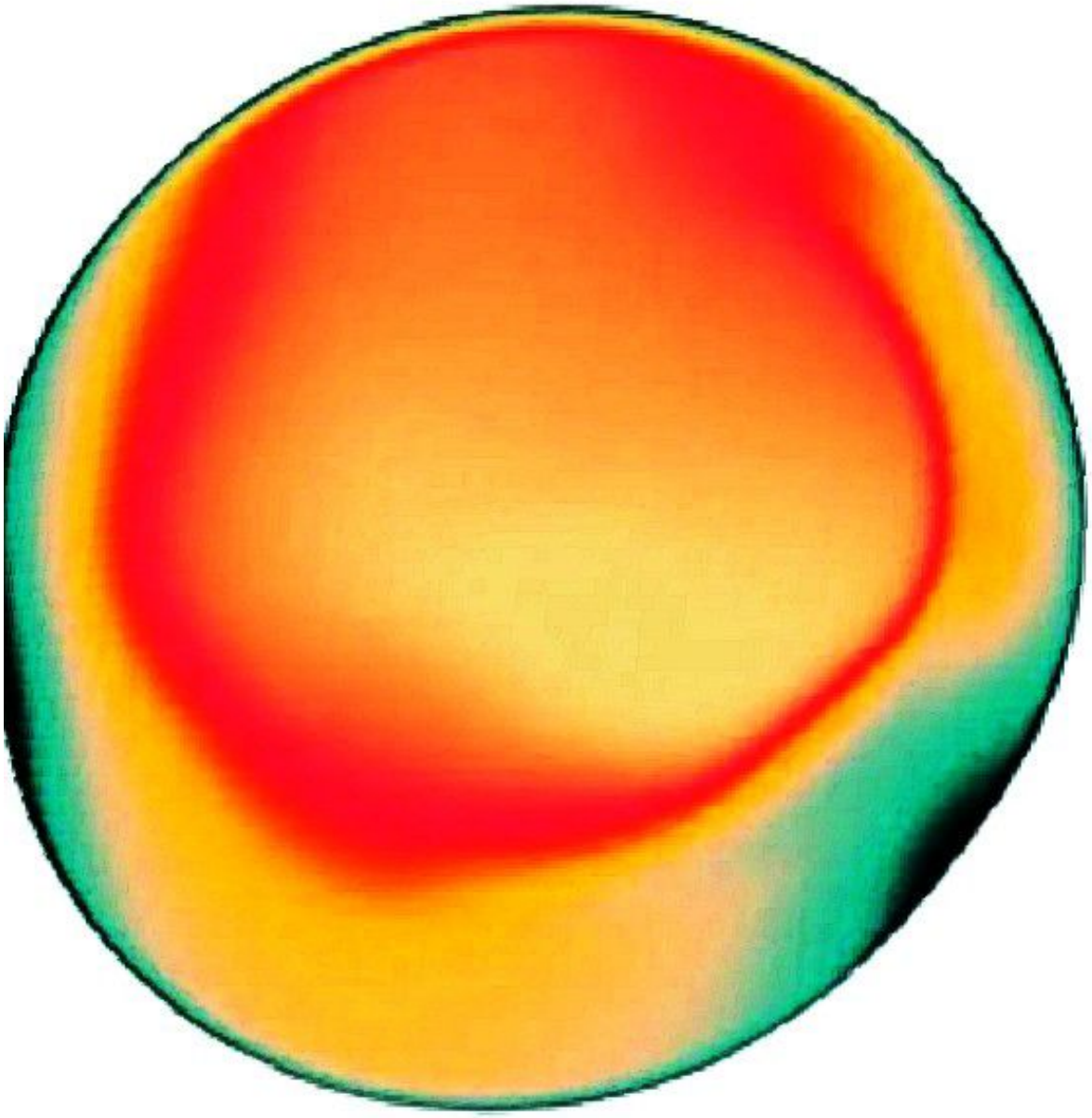
@manifestation_whispers



Laugh or smile intentionally.

something funny, or simply smile at yourself in the mirror. It's contagious energy!

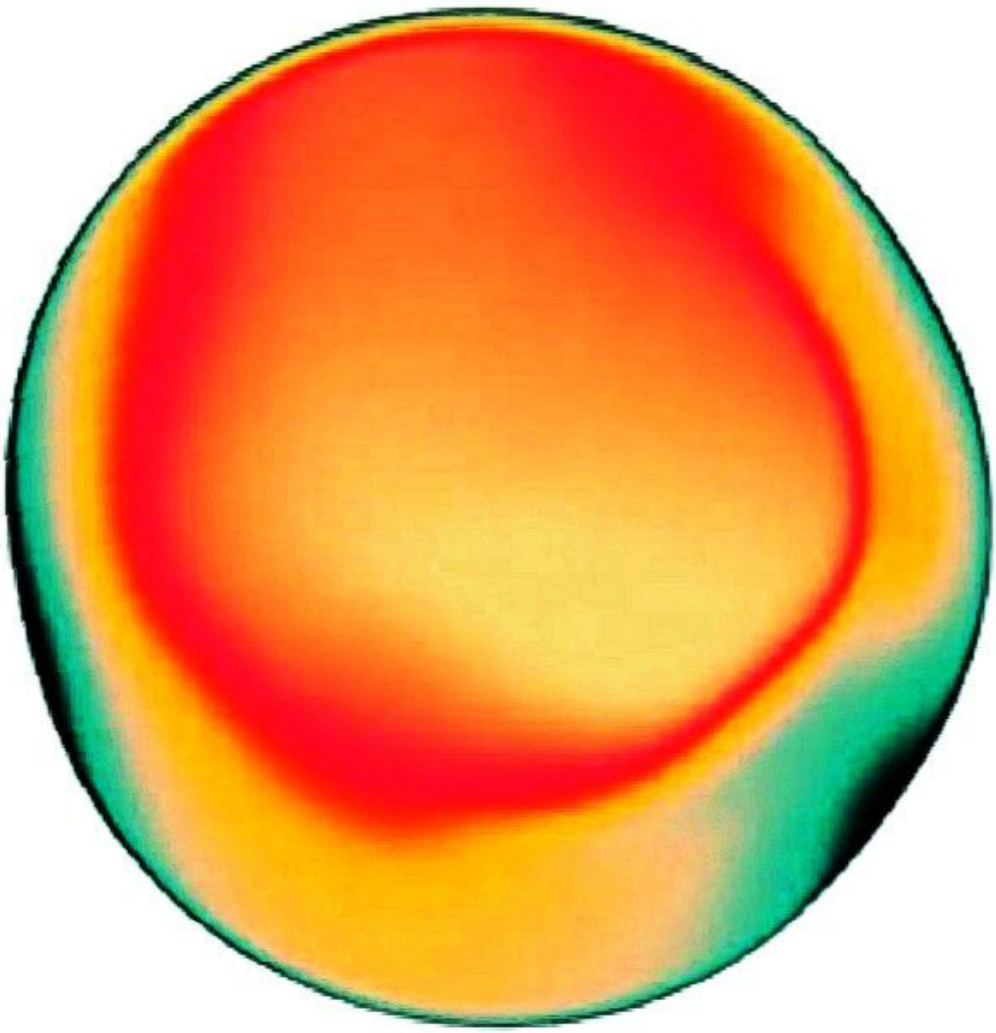
@manifestation_whispers



.isten to uplifting music.

favorite high-energy or calming song to
elevate your mood instantly.

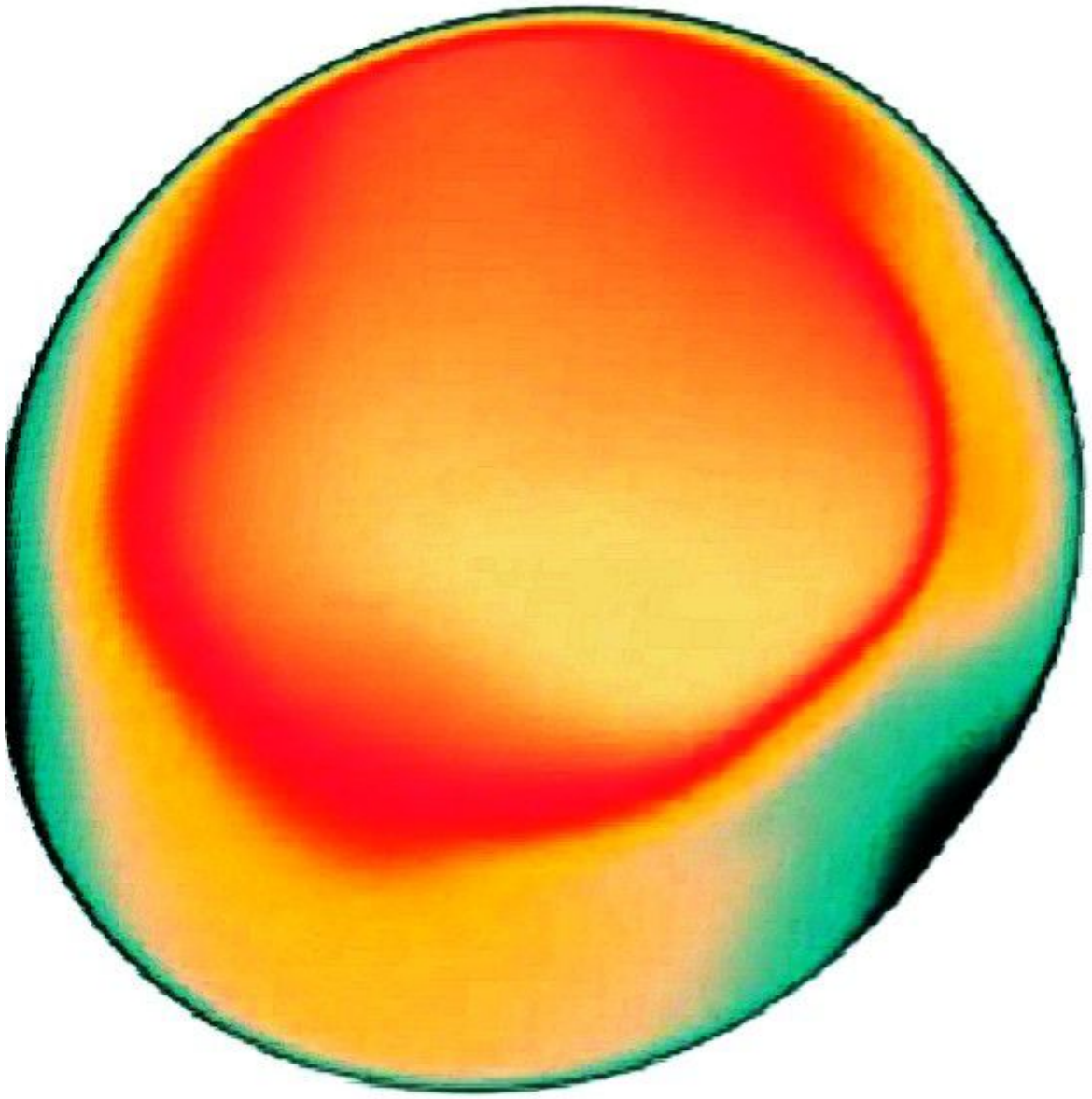
@manifestation_whispers



Spend 5 minutes in silence or meditation.

Quiet your mind and focus on your breath. This resets your energy and brings clarity.

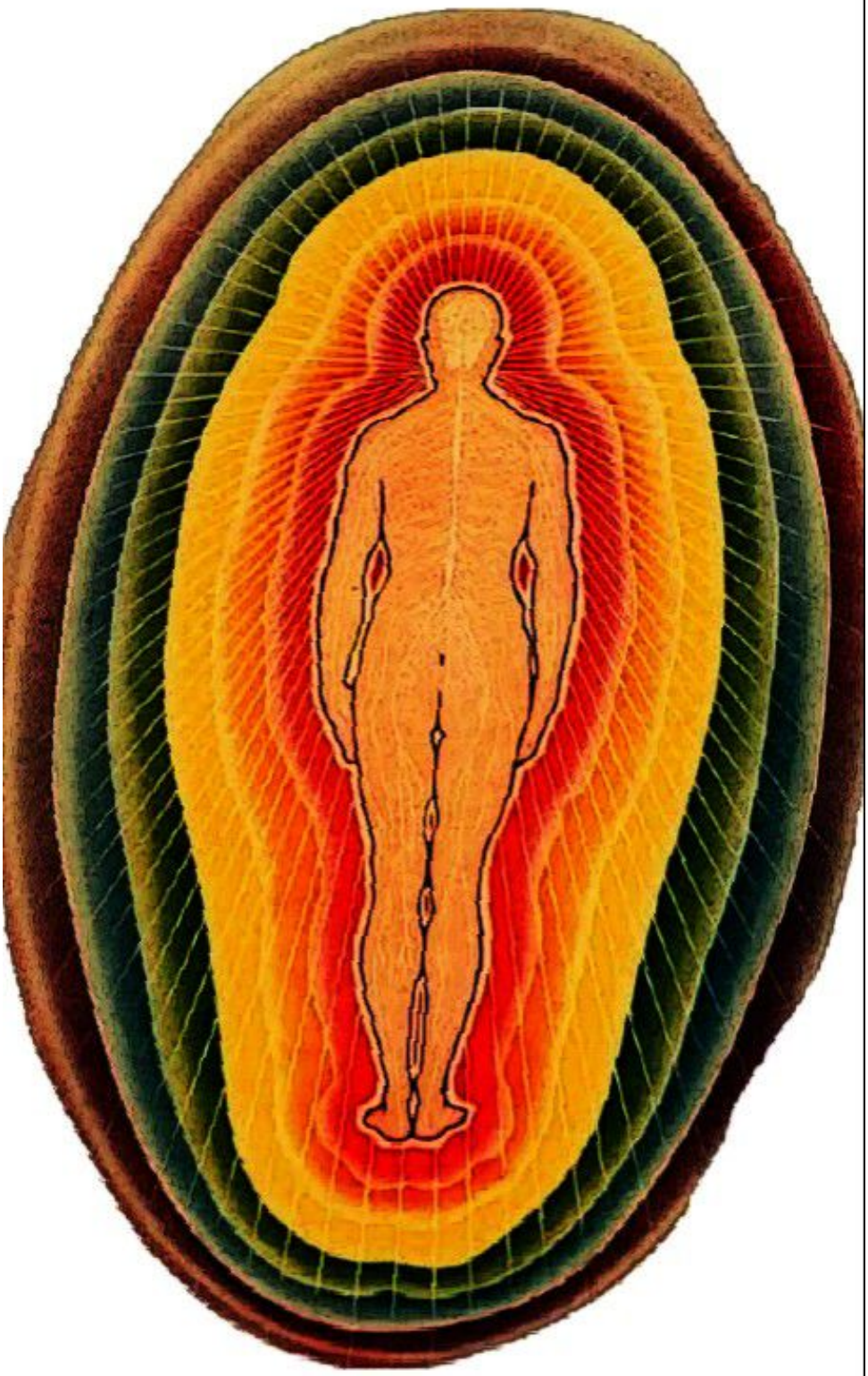
@manifestation_whispers



atitude for something right now.

ting 3 things you're thankful for in this
atitude creates an instant mood boost!

@manifestation_whispers



Ways to raise your
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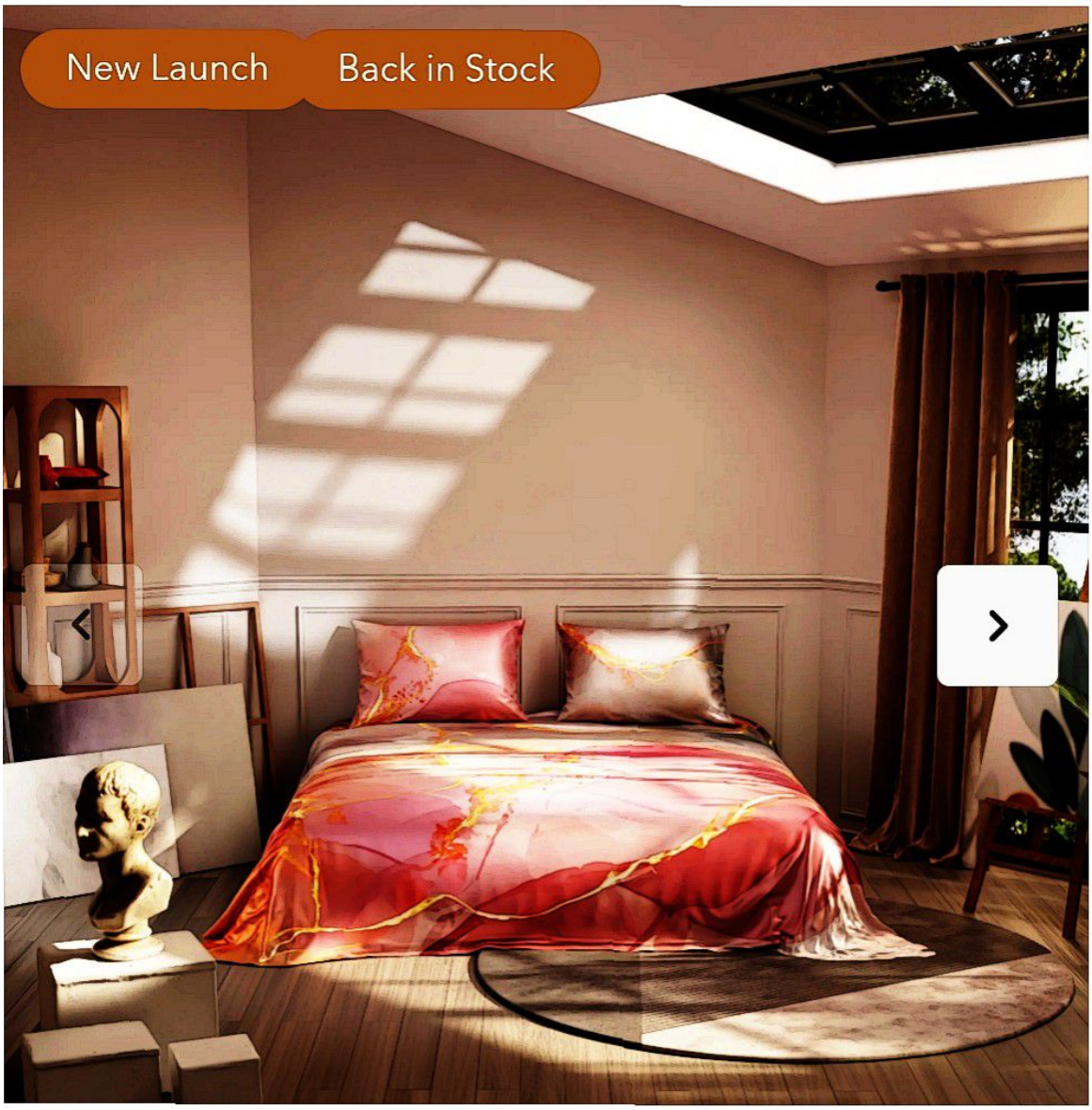

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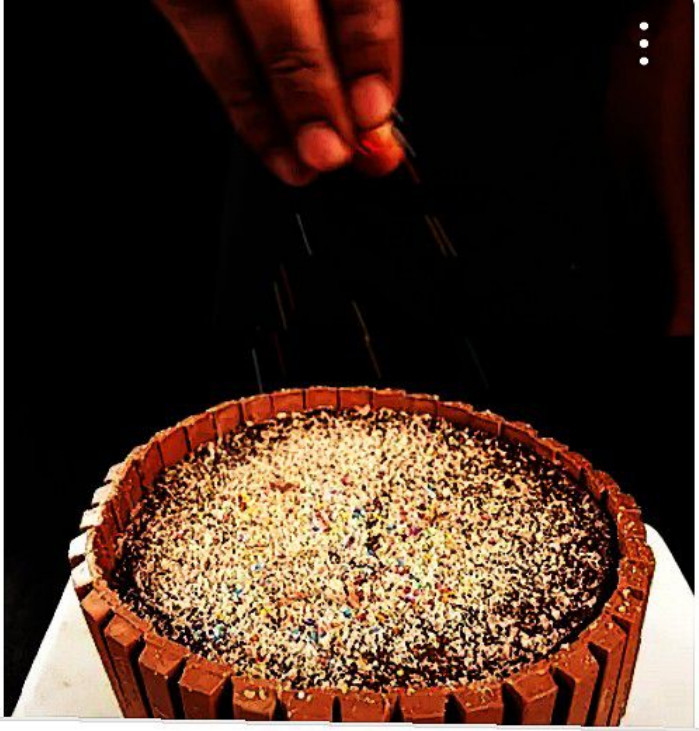

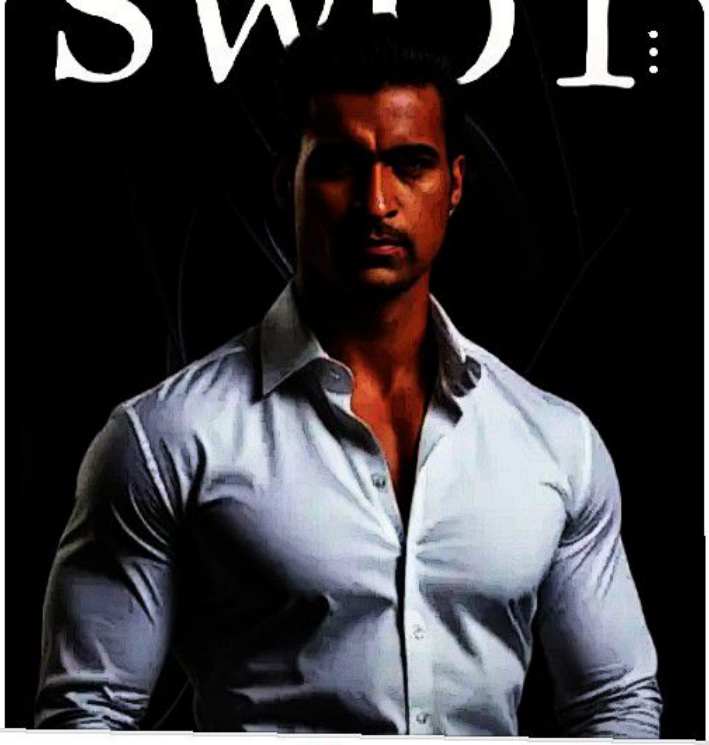

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2) अश्वगंधा का सेवन करें,

3) हैंगिंग एक्सरसाइज करें,

4) रोज़ाना सूर्य की रोशनी लें,

5) तनाव कम करें, मेडिटेशन करें,

6) दूध और दही का सेवन बढ़ाएं

7) जॉगिंग और साइकलिंग करें,

8) रोजाना कुछ नया सीखने के लिए हमें

8,673
4
1,131

ज़रा इतना तो बता दो परमात्मा
ये कैसी लगन लगा रहे हो
मुझमें रहकर मुझसे ही अपनी
तलाश करवा रहे हो ।

14.7

118

2,56

mystics_pathways

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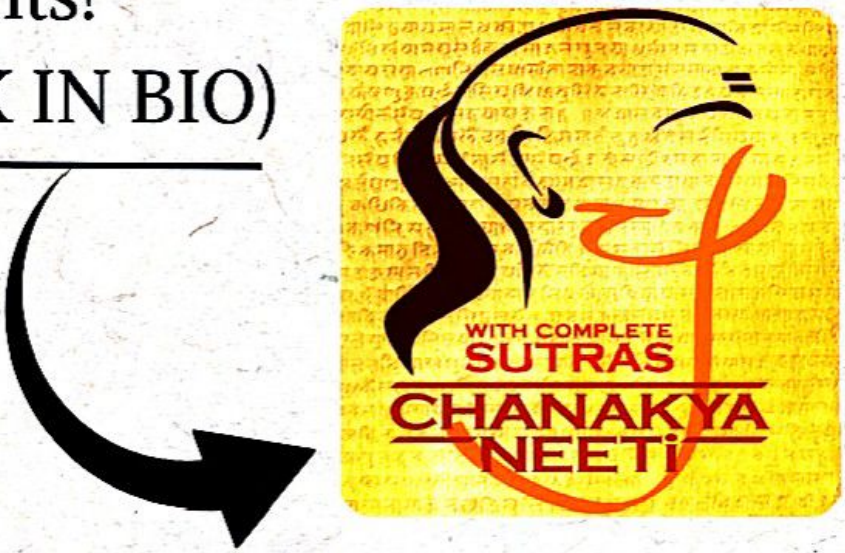

- Listen, nod, and most of all make eye contact

- Find multiple ways to make money

- Never go back to the woman who cheated

- Take 1-3 seconds pause after getting asked a question
- Don't beg for a relationship
- Work out at least 4x a week
- If you are not invited, don't ask to go
- Always carry cash
- Dress well no matter what the occasion

@CHANAKYANITIFORLIFE

- Never let a woman disrespect you
- Never shake a hand sitting down
- Never go broke to impress others
- Never eat the last piece of something you didn't buy
- Always have the ambition to be better
- Protect who is behind you, and respect who is beside you

मोह माया से केवल कुत्ता ही मुक्त है
दो करोड़: की गाड़ी पर दो सेकंड में मूत कर
चला जाता है...
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"I welcome healing, to enter my heart,
As I heal, I know I'll be fine,
My body is a temple and my soul is divine,
My chakras are aligned, I am healthy and I am free
All that I desire will come to me."
Place this paper below your pillow. Burn after 3 nights.
Repeat as needed.
@templeofmiracleswellnessshop

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As I heal, I know I'll be fine.
My body is a temple and my
My chakras are aligned, I am hea
All that I desire will come to me."
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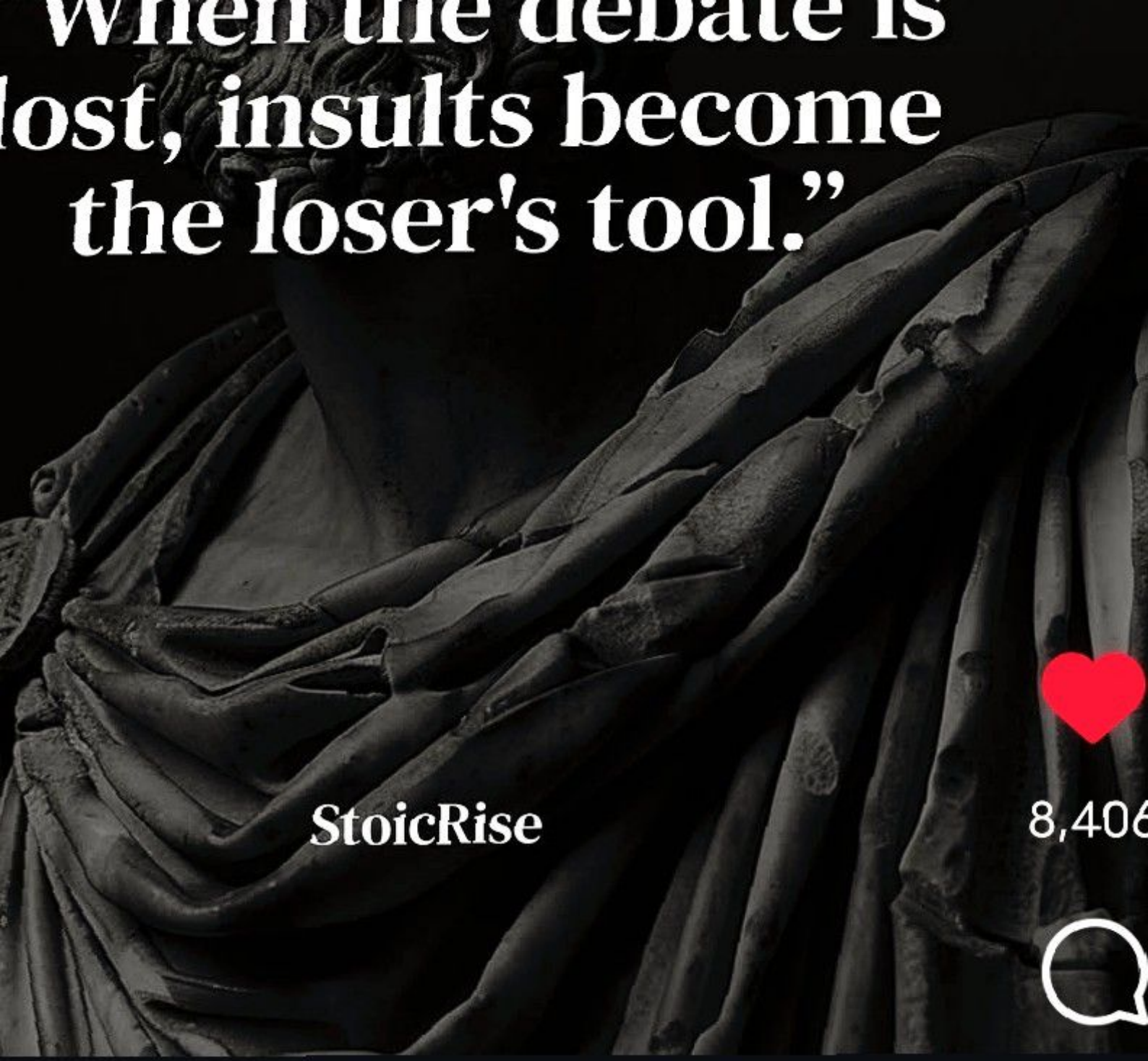

8,406

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3,444

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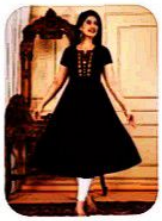

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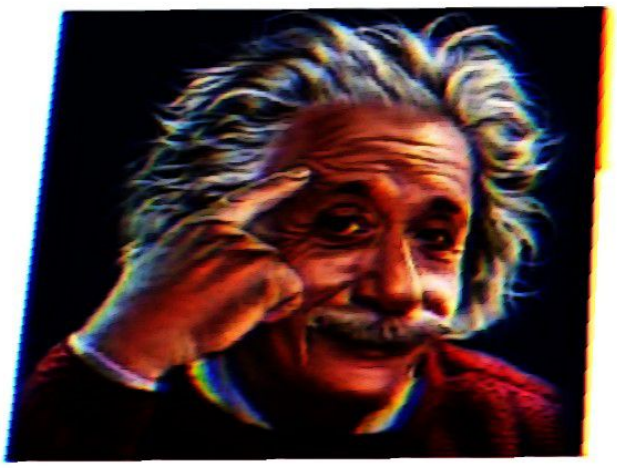

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b) 41

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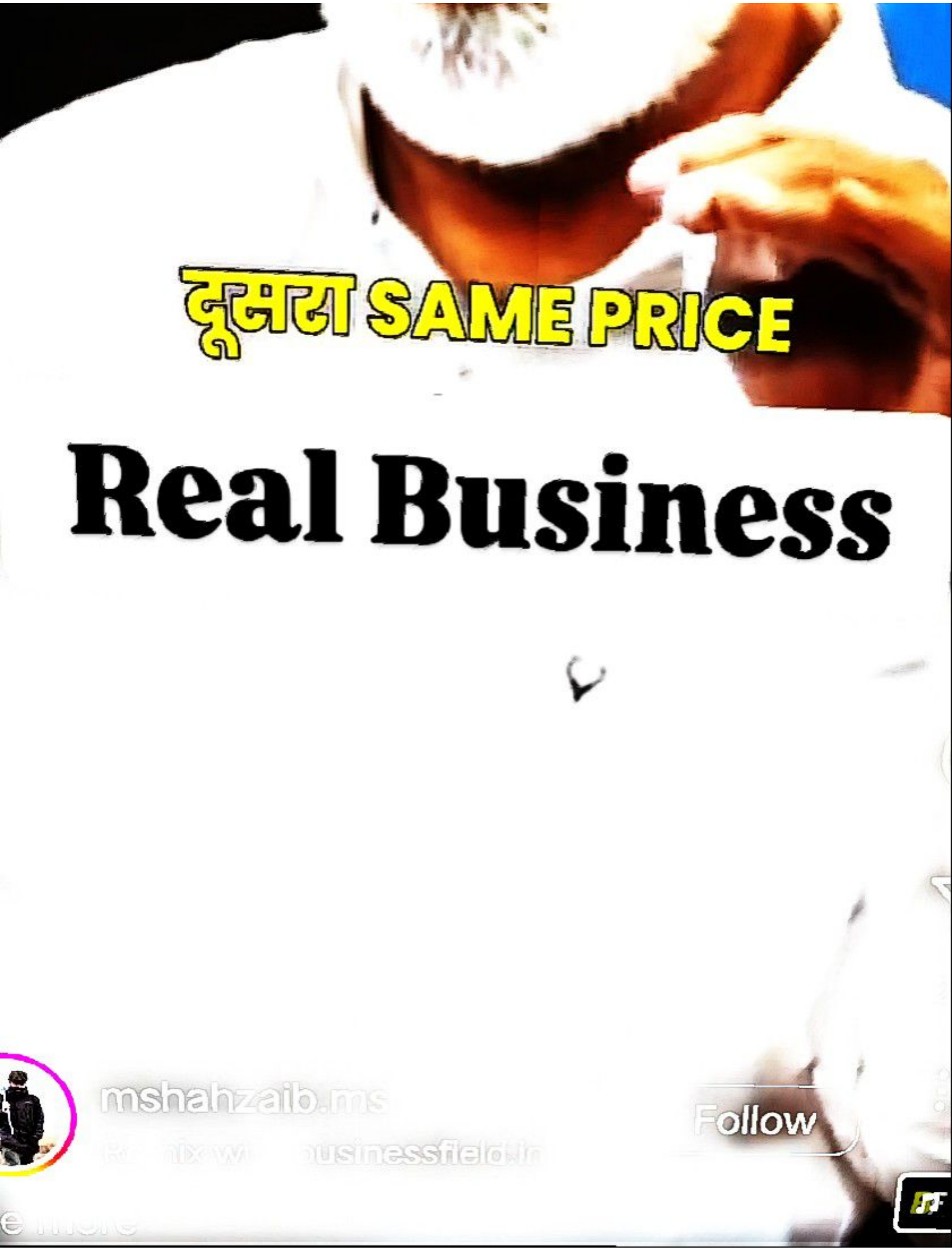
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NOTES

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आप खुद को पीड़ित बनाते हैं।
परिस्थिति को छोड़ दें, परिस्थिति
को बदल दें या उसे स्वीकार कर
लें, बाकी सब पागलपन है।

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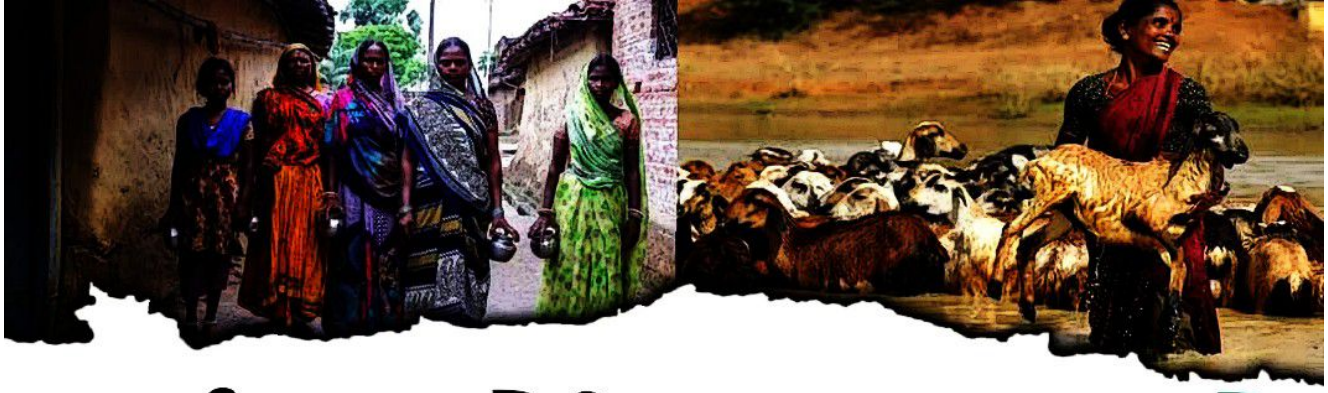

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• गांव से शूरू कर सकते हो आप ये अच्छे बिजनेस :-

दूध का काम (डेयरी बिजनेस)

आटा, मसाले या चावल का प्रोसेसिंग बिजनेस

मुर्गी पालन

औषधीय पौधों की खेती

हस्तशिल्प (हाथ से बने सामान)

मछली पालन

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1

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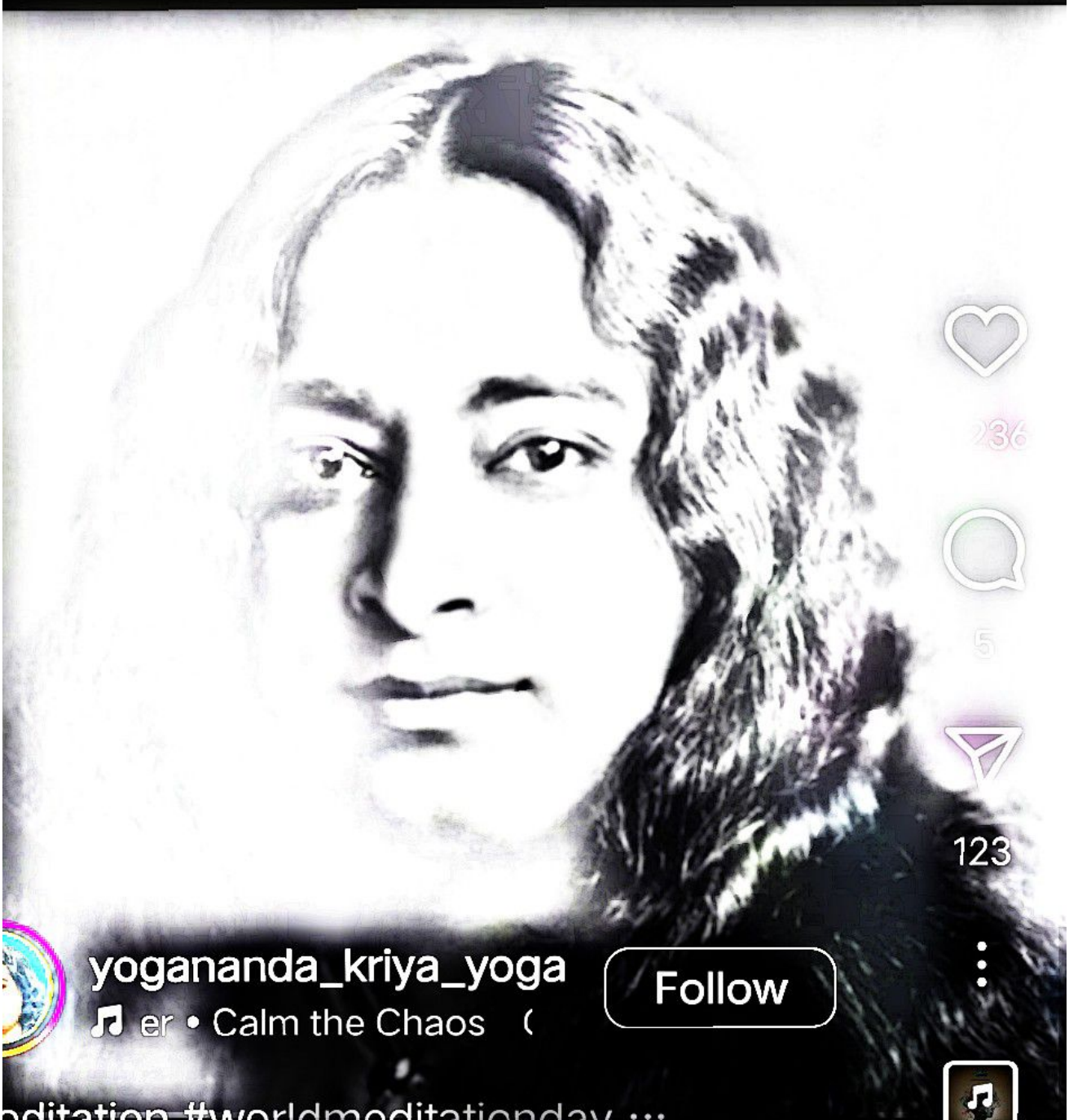
परमहंस योगानन्द



NOTES

व्यक्ति मत बनो जो परिवार के सदस्यों
चिल्लाता हो और अजनबियों से अच्छे से
बात करता हो।

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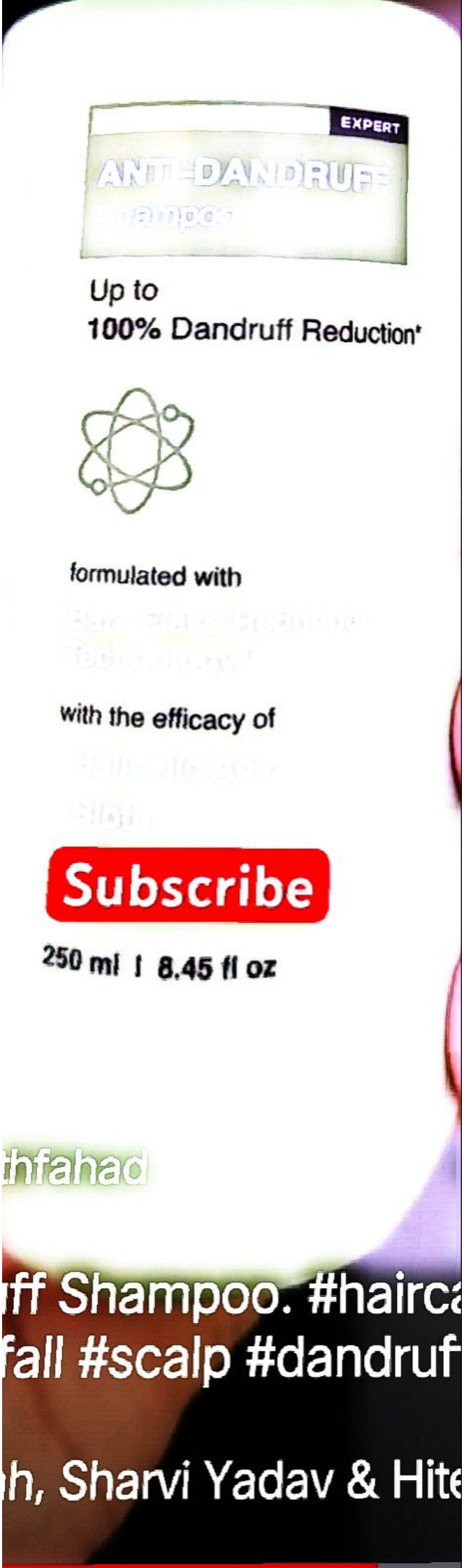
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the HOW is easy.

— Jim Rohn

31 Self Improvement Tips

SELF IMPROVEMENT

1. Start now
2. Be intentional
3. Be accountable
4. Be a mentor
5. Embrace challenge
6. Love thyself
7. Pay attention
8. Disconnect
9. Make a keep promises
10. Seek support

SELF LOVE & CARE

11. Eat well
12. Hydrate
13. Sleep well
14. Exercise
15. Meditate
16. Get checked

TIME MANAGEMENT

17. Plan ahead
18. Don't procrastinate
19. Prioritize
20. Say no
21. Delegate
22. Eliminate distractions
23. Time track

SELF CONFIDENCE

24. Use affirmations
25. Thank yourself
26. Forgive yourself
27. Focus on what you can change
28. Positive energY

GOAL SETTING

29. Define your goals
30. Clarify priorities
31. Set deadlines
32. Swot Analysis

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DUTIES 5–8

Promote harmony and renounce practices against women's dignity.

Preserve India’s rich cultural heritage.

Protect the environment and show compassion for living beings.

Develop scientific temper and humanism.

DUTIES 1–4

Respect the

- Constitution
- National Flag
- National Anthem

Cherish the ideals of the freedom struggle.

Uphold sovereignty, unity, and integrity of India.

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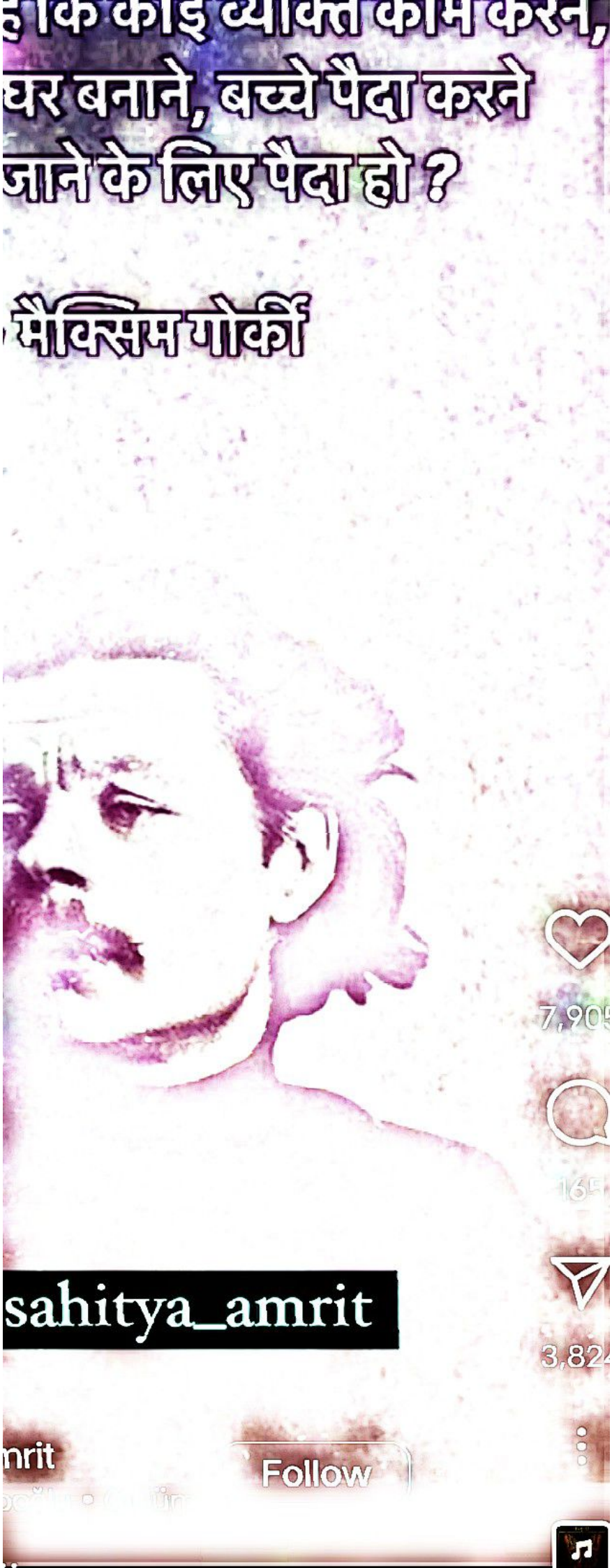
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2. सुनो सब की करो मन की।

3. किसी भी चीज से ज्यादा उम्मीद मत रखो।

4. हर सुबह मोटिवेशन करना शुरु करें।

5. ऐसे ही पोस्ट के लिए हमें फॉलो करें।

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7

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पति बन रहे साधु

महिलाओं की सुरक्षा के लिए बनाए गए कानून पतियों के लिए मुसीबत बन रहे हैं। आलम यह है कि पति संन्यासी बन

सिर्फ जबलपुर जिले से
पति फरार हो चुके हैं।
तो कई संन्यासी भी बन
नर्मदा तट पर और मं
पूजा-अर्चना कर रहे हैं

पति-पत्नी के बीच
के चलते परिवार टूटने
के भाग जाने के जो
जबलपुर में आए हैं, वे
वाले हैं। 'परिवार परा
के परामर्शदाता अंशुमा

NOTES

ारी करने में असफल होने से,
प असफल होने की तैयारी कर
रहे हैं।

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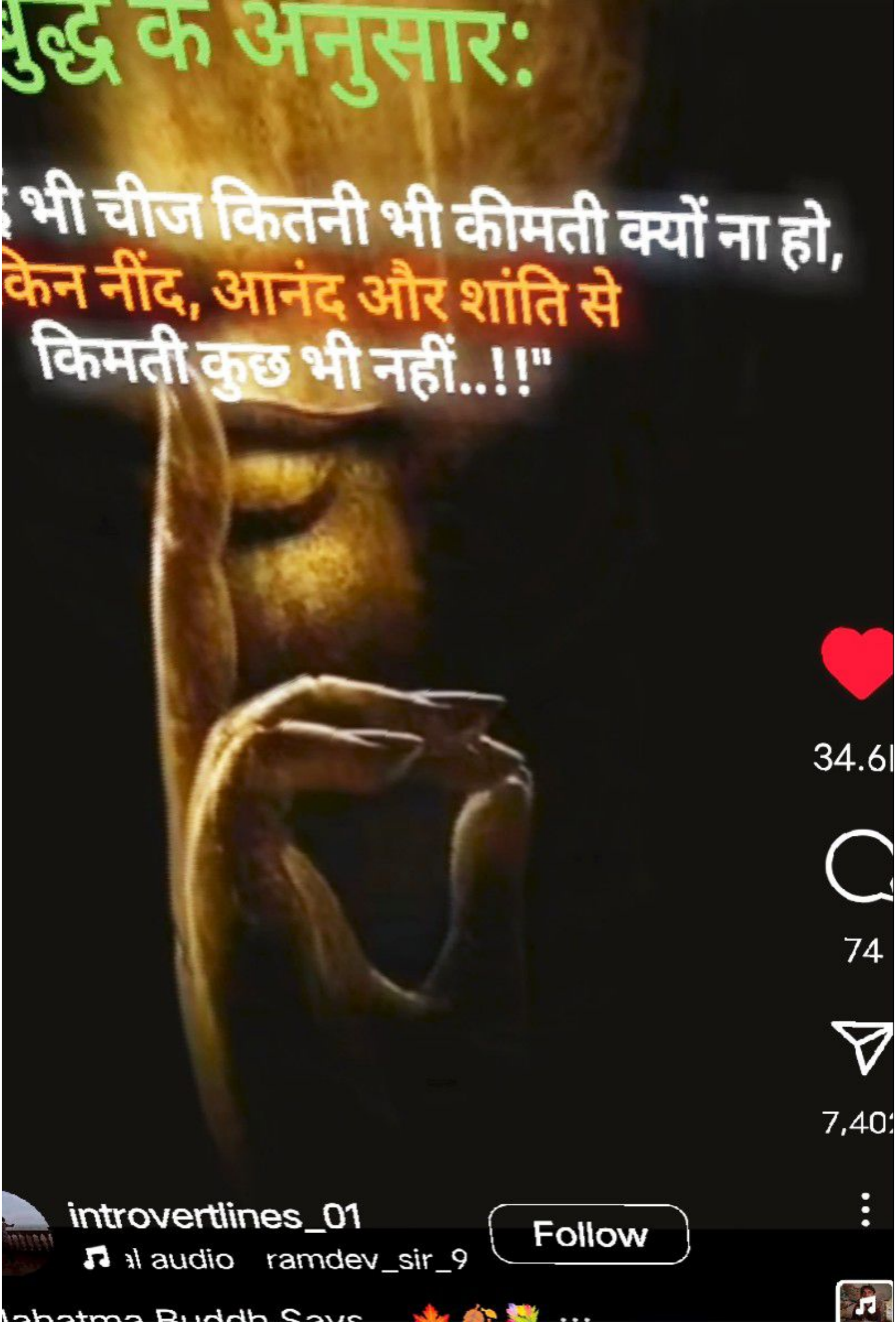
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Medicinal herbs and fungi that strengthen and nurture bones, connective tissue, hair, nails, skin and more.

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HORSETAIL

Being the most abundant source of silica in the plant world, Horsetail strengthens the bones, hair, nails and joints.

COMFREY

Long history of use treating wounds, skin, ulcers, bruises, sprains + strains. Classically known as 'bone mender' it's been used by herbalists since ancient times to strengthen bones and assist in repair.

NETTLE

Nettle leaves are rich in silica, sulfur, vitamin A, B + K, Potassium and protein making it an excellent candidate to strengthen hair follicle, shaft, strands and prevent easy breakage and damage.

TREMELLA

Tremella mushrooms increase the production of hyaluronic acid, which has the ability to rejuvenate, moisturize + deeply hydrate the skin.

HELICHRYSUM

Also called 'immortelle', a healing powerhouse commonly used as an emollient and moisturizing oil to help reduce the appearance of age spots, fine lines wrinkles.

CALENDULA

One of the oldest of all cultivated flowers, used for centuries as food and medicine. Helps heal wounds, burns + rashes. A powerful anti-fungal, antiviral and anti-inflammatory.

HE SHOU WU

An adaptogenic root with 3,000 yeaas of recorded use. Known for its ability to reverse hair loss and to restore hair color. Known for its high zinc content, which is one of the key effects on hair growth and restoration.

ROSE HIPS

Rich in vitamins, antioxidants (vit C!) + essential fatty acids. The oil is used for dark spots, fine lines, scars + overall skin care.

MANGOSTEEN

Mangosteen is the most plentiful source of antioxidants with over 30 xanthones, revered for its anti-aging effects.

GYNOSTEMMA

Also known as "poor man's ginseng"; an adaptogenic powerhouse rich in vitamins, minerals + antioxidants. Studied for its stress + immune protective abilities.

MORINGA

Abundant in antioxidants, vitamin A (builds collagen) Vit C, Vitamin E. Prevents acne breakouts + dark spots.

Online Courses

1- Coursera
2- Udemy
3- edx
4- Future Learn
5- Code academy
6- Udacity
7- MIT
8- Hravard
9- University Of London
10- UC Berkeley

Learn New Hobby

1- Craft La
2- Create and Craft
3- Annie's Craft Shop

Listen To A Podcast

1- School Of Greatness
2- Good Life Project
3- Tonny Robbins
4- The Farriss Show
5- Mindvalley

Earn Money Online

1- Redbubble
2- CouponDip
3- Cafe Press
4- Shutterstock
5- Creative market
6- Etsy
7- 99 Designs
8- SwagBucks
9- YouGov
10- Shopper's Voice

+ 25 Websites To Use Your Free Time

NO RULES RULES
Netflix and the Culture of Reinvention
REED HASTINGS
ERIN MEYER
..ENTREPRENEUR_HYPE..
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116
4 Book's
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THE
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..ENTREPRENEUR_HYPE..
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Shrimad Rajchandra Mission
Dharampur

Master the Clock

If you do things on time,
you will have time for everything.

mdharampur

ram profile

Werk'l Planning

Glory of a Man
@gloryofaman

Dear men,

1. Have a clean haircut
2. Dress well
3. Smell nice
4. Talk slow

Everyone you meet will respect you.

74.2K

266

16.8K

gloryofaman
‹ Saint comet • Frank

Follow

hen you take care of how you present

ROSEMARY
WATER
bout
i could tell
16.5K
10.7K
Follow
medge.in
nsurii
e.in • Original
nt "GUIDE" and I'll send you a fr
azz and 5,154 others

यदि आपको चाहिए

संपत्ति _____जोखिम लें

ज्ञान _____Book पड़ो

शांति _____प्रकृति में घूमो

अच्छा जीवन _____मेहनत करो

स्वस्थ शरीर _____Exercise करो

कुछ नया _____Follow कीजिए

@smsuccesstips

See translation

Top Natural Painkillers

Earache
Garlic

Toothache
Cloves

Heartburn
Apple Cider
Vinegar

Chronic Pain
Turmeric

Joint Pain
Cherries

Bloating
Pineapple

Sore
Muscles
Peppermint

Sinus Pain
Horseradish

Injury Pain
Water

Urinary Tract
Infections
Blueberries

The Basics of BUDDHISM

Compassion .... Mindfulness

Wisdom ....Ethics

Four Noble Truths

Dukkha

Dukkha is a part of living. Dukkha is often translated as suffering, dis-ease, or stress.

Cause

There are causes to our suffering, namely craving and delusion or ignorance.

Cessation

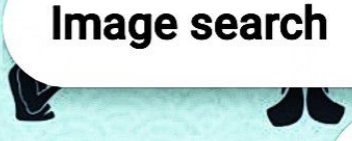
Through the abandoning of clinging, cessation of dukkha is possible in our lives.

The Path

The Noble Eightfold Path is the way to cease dukkha and liberate oneself from suffering.

Noble Eightfold Path

Image search



View

Wise View is seeing clearly, especially in regards to the Three Marks of Existence

Intention

Wise Intention is the intention to cultivate liberation and not cause harm to other beings

Speech

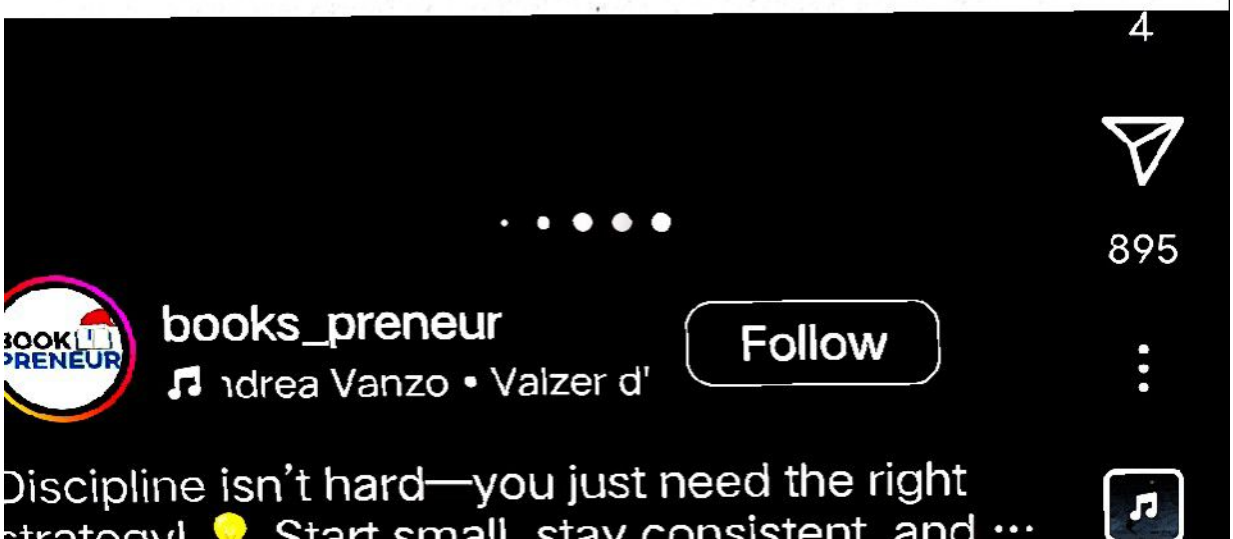
Wise Speech is speaking in a way that creates liberation and does not create suffering

Actio

Wise Action is acting with kind wisdom, and not causing or endorsing harm

Discipline isn't hard—it's about adopting the right mindset, systems, and habits!

Share this with others!



The Real Secret: Consistency Over Intensity

- *Discipline isn't about being extreme for a short time—it's about showing up every day, even in small ways.*

- *The compound effect of small, disciplined actions over time leads to significant results.*

Share this with others!

Visualize the Future You

- *Picture the person you want to become and how discipline will help you get there.*
- *Act like that person daily to align your behavior with your vision.*

Share this with others!

Leverage Time Blocks

- Schedule specific blocks of time for focused work. Use techniques like the Pomodoro method to stay productive.

- Avoid multitasking; focus on one thing at a time.

Share this with others!

Anchor New Habits to Existing Ones

- Pair a new habit with an established one. For instance, do pushups right after brushing your teeth.

- This creates a seamless flow and makes the new habit stick more easily.

Share this with others!

Focus on Progress, Not Perfection

- *Discipline doesn't mean being flawless. Consistency matters more than perfection.*

- *Learn from setbacks and use them as fuel to move forward.*

774

Share this with others!

Celebrate Small Wins

- *Recognize and reward your progress, no matter how small. Positive reinforcement builds momentum.*

- *Reflect on how far you've come to keep yourself motivated.*

Share this with others!

Celebrate Small Wins

- Recognize and reward your progress, no matter how small. Positive reinforcement builds momentum.

- Reflect on how far you've come to keep yourself motivated.

774

Share this with others!

The Power of "Why"

- *Know your deeper motivation. A compelling "why" will keep you going when things get tough.*

- *Regularly remind yourself of the benefits of staying disciplined.*

774

Share this with others!

Embrace Discomfort

- Discipline often requires stepping out of your comfort zone. Learn to tolerate discomfort as a sign of growth.

- Reframe challenges as opportunities to develop resilience and strength.

774

Share this with others!

Environment Shapes Behavior

- Set up your environment to support your goals. Remove distractions and temptations.

- Surround yourself with people who encourage and practice discipline themselves.

Share this with others!

Habit Trumps Willpower

- *Willpower is limited, but habits are automatic. Focus on building small, repeatable routines.*

- *Start with micro-habits. For example, if you want to exercise, start by committing to just 5 minutes a day.*

774

Share this with others!

Clarity is Power

- Define what you want and why you want it. A clear vision gives purpose to your actions and helps you stay focused.

- Break large goals into smaller, actionable steps to avoid feeling overwhelmed.

Share this with others!

Discipline can feel challenging, but it often becomes easier once you understand key principles and "secrets" that make it more natural. **Here are some insights to help you cultivate discipline effectively:**

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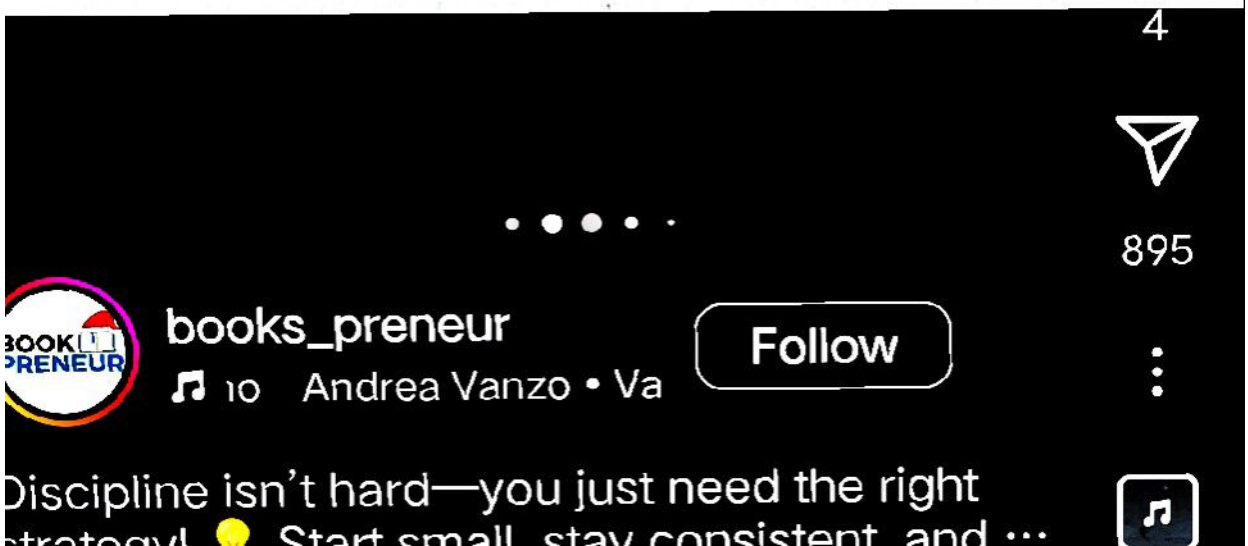

Discipline is not Hard.You Just Don't Know These Secrets:

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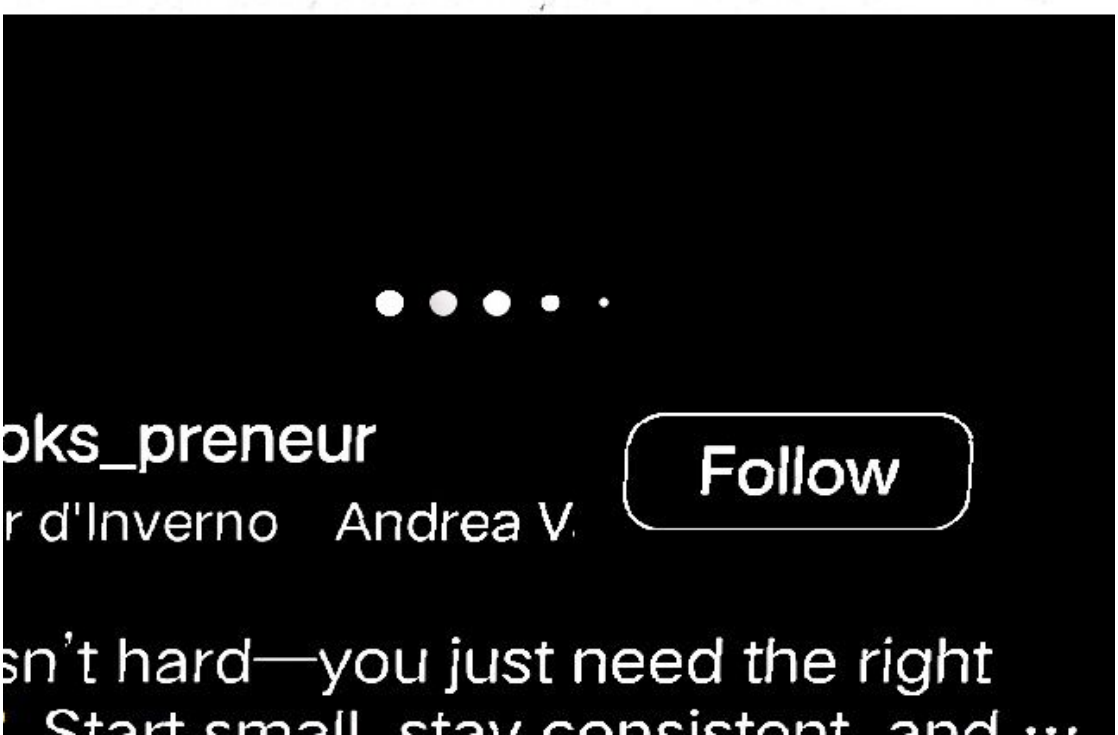

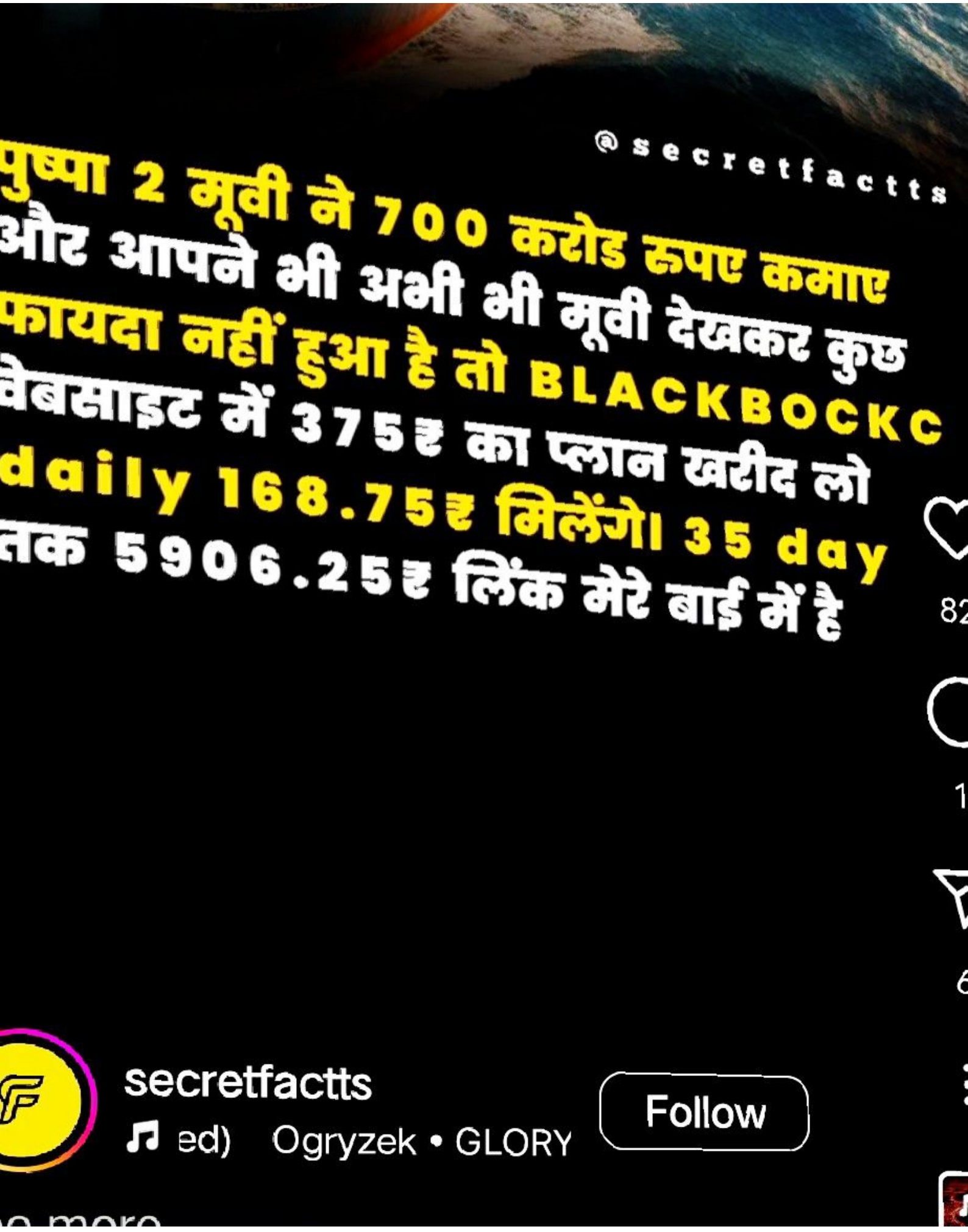
@secretfactts
पुष्पा 2 मूवी ने 700 करोड रुपए कमाए
और आपने भी अभी भी मूवी देखकर कुछ
फायदा नहीं हुआ है तो BLACKBOCKC
वेबसाइट में 375₹ का प्लान खरीद लो
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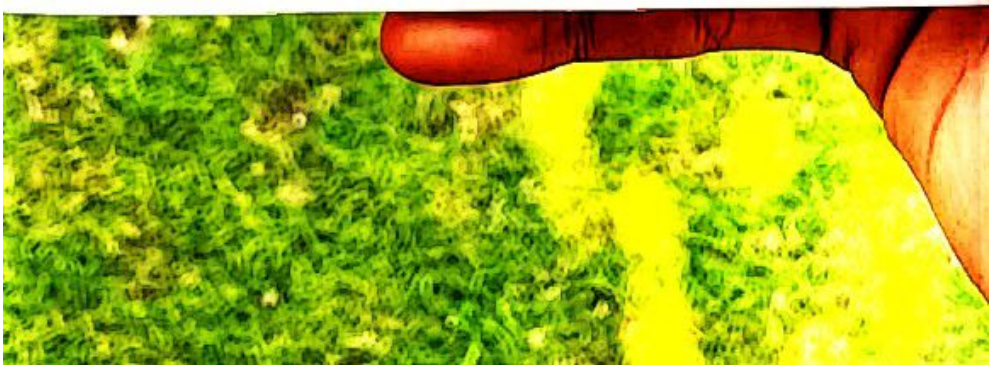
OVERCOME PROCRASTINATION &
BOOST YOUR PRODUCTIVITY

THE ART OF LAZINESS

Library Mindset



7. Ganbaru

Ganbaru is a Japanese term meaning "doing one's best" or "persevering." It emphasizes giving maximum effort and persisting through challenges with determination and resilience. Basically, adopt a mindset of continuous improvement and the belief that success is attainable through persistent effort and commitment.

8. Gaman

This concept means to show patience and perseverance when things get too hard. When you go on a journey it's not going to be all pleasant. There will be a lot of times when things will go wrong. You will face many difficulties when you start doing the things you want to do. There will be failures.

5. Shinrin-yoku

Shinrin in Japanese means "forest," and yoku means "bath."

This simple philosophy implies that one should spend more time in nature. Spending time in natural surroundings is the best way to deal with stress so, whenever things are getting on top of you or you feel overwhelmed, go for a walk in nature.

6. Wabi-sabi

This concept states that, instead of perfection, one should find beauty in imperfection. Things can't be perfect all the time. Some things just can't be perfect, and that's okay. There is beauty even in perfection. Love things the way they are. Don't be stubborn and try to change them. You will ruin their beauty.

18k
34

3. Shoshin

This is another interesting concept taken from Zen Buddhism. It means approaching things with a beginner's mindset.

"If your mind is empty ... It is open to everything. In the beginner's mind, there are many possibilities, but in the expert's mind, there are few."

- Shunryu Suzuki (author of Zen Mind, Beginner's Mind)

4. Hara Hachi Bu

This means to stop eating after you're 80% full.
If you eat too much, you're more likely to feel lazy. This happens to people all the time. Once they eat their lunch, they start to feel tired because the body tries to digest all the food they ate. They start to feel sleepy, and have no energy to work, preferring to procrastinate until they feel more alert.

8 Japanese Techniques To Overcome Laziness

Book - The Art of Laziness

1. IKIGAI

This means to have a purpose in life. It's the reason you wake up each morning, excited to do something. When you have a purpose, you won't feel lazy or unmotivated.

The Four Rules of IKIGAI are:
1) Do what you love
2) Do what you're good at
3) Do what the world needs
4) Do what you can be paid for

2. Kaizen

Kaizen means focusing on small improvements every day instead of waiting for big improvements. It's about trying to become 1% better every day. Instead of setting a big goal, divide it into multiple small goals and tackle each of them one by one.

18K
34

धंधा का नियम

1) शुरुआत में QUANTITY बेचो
ना की QUALITY !

2) शुरुआत में 2-3 ₹ का मुनाफा
करो ना की 10-15 ₹!

अगर आपको Reels दिल से पसंद आया है,
तो शेयर और फॉलो जरूर करें।

business_fac
Follow
धंधा का नियम

Our mind is simply
the sum total of all
of our thoughts.

Rhonda Byrne

396 18 6

_books_addicted__ 9h

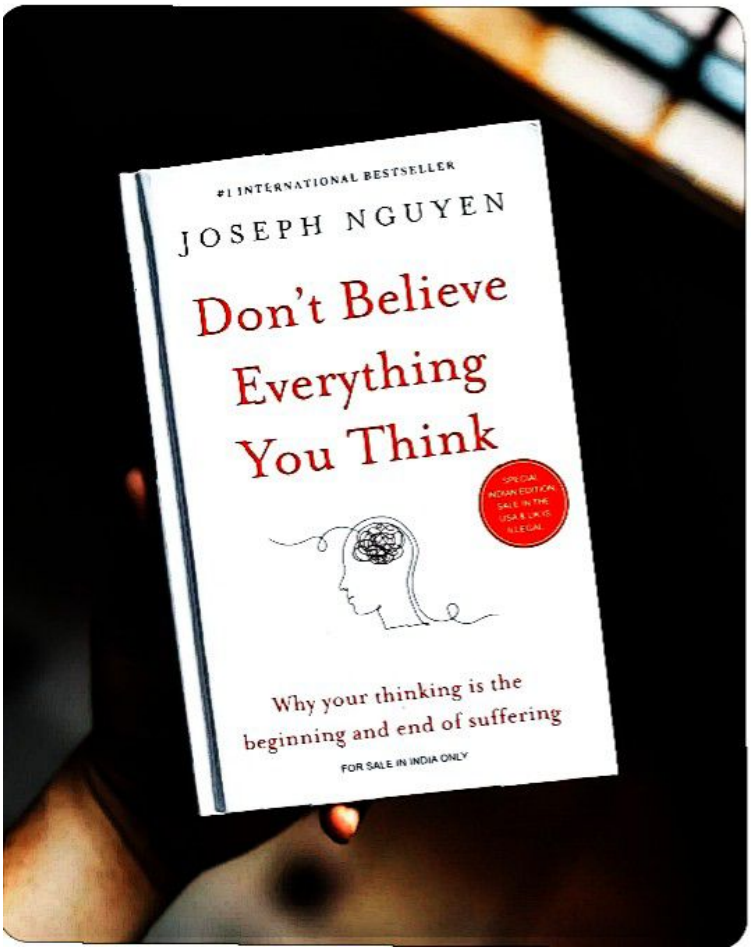
Thinking

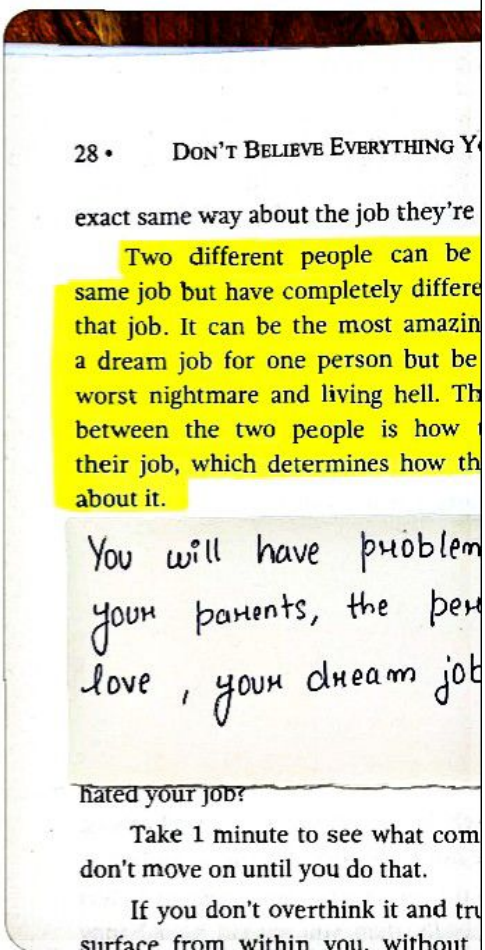
📍 Short Review

This book encourages readers to re-examine their thoughts, beliefs, and assumptions, and to cultivate a more growth oriented mindset.

Book focus on :

1. Challenge negative thoughts.
2. Cultivate mindfulness.
3. Develop a growth mindset.
4. Seek diverse perspectives.
5. Take care of yourself.


#1 INTERNATIONAL BESTSELLER
JOSEPH NGUYEN
Don't Believe Everything You Think
Why your thinking is the beginning and end of suffering
FOR SALE IN INDIA ONLY


28 • DON'T BELIEVE EVERYTHING Y
exact same way about the job they're
Two different people can be
same job but have completely differe
that job. It can be the most amazin
a dream job for one person but be
worst nightmare and living hell. Th
between the two people is how
their job, which determines how th
about it.
You will have problem
your parents, the per
love, your dream job
hated your job?
Take 1 minute to see what com
don't move on until you do that.
If you don't overthink it and tru
surface from within you, without

“

A crowded mind leaves no space for a peaceful heart.

”

Routine ! (keep things simple)

- Pray
- Spend time with yourself
- Walk without your phone
- Avoid the unnecessary talks.

the fullness of life with other people, even if a large portion of my life was filled with suffering.

Here's what I've discovered about what to do with our goals and dreams with this new understanding. As we've mentioned in previous chapters, there's a

Create goals not to show off.
Create goals for yourself, for your progress.
Create goals for your abundance.

but more about where those goals are coming from.

There are two sources of goals: goals created out of inspiration, and goals created out of desperation.

When goals are created out of desperation, we feel a large sense of scarcity and urgency. It feels heavy, like

loved me. I began to question the reasons that I had for why I loved Makenna. Then I had an epiphany that changed my life forever.

I asked myself, did I love her because of her laugh or because she loves helping other people? What happens if she doesn't laugh one day or doesn't help someone that day? Do I stop loving her if she doesn't do the things that I said were the reasons that I love her? I realized that if I create reasons for why I love her, then it makes my love for her conditional to those specific traits or actions, and if she doesn't do them, then I don't love her. This is, of course, not true.

Your partners, your parents, your friends and the person you love also have problems and insecurities.

We all have flaws.

Learn to accept.

Take 15 seconds to see what answers you come up with before moving on.

Most people say something along the lines of

Too much of anything is not good

- Thinking
- Food
- Speech.

is also clear, if we do not disturb it.

If life begins to feel unclear, disorganized, and stressful and you're not sure what to do next, you now know that it's only because your thinking is stirring up the dirt, making your mind cloudy and difficult to see ahead. You can use this as an indicator to help you realize that you're thinking way too much.

Once we become aware of the fact that we are only feeling what we're thinking and that thinking is the root cause of our unpleasant experience, we see it for what it truly is. Then we allow it to settle by giving it space, and

“

People have a hard time letting go of their suffering.
Out of a fear of the unknown,
they prefer suffering that is familiar.

”

THICH NHAT HANH

Most people suffer in their head before they suffer in the real world.

way, or else you will hit my boat." But the other boat kept coming straight at him and was just a few feet away. He yelled again, but nothing changed, and so the incoming boat hit the monk's boat. Now he was furious. He screamed, "Who are you, and why have you hit my boat in the middle of this vast lake?" There was no

Reaction to your thoughts, feelings or situation makes your life difficult.

At that moment he remembered his mentor's question: "Do you know what is really making you angry?" And then he realized: "It's not other people, situations, or circumstances. It's not the empty boat, but my reaction to it that causes my anger. All the people or situations that make me upset and angry are just like the empty boat. They don't have the power to make me

exact same way about the job they're working in?

Two different people can be doing the exact same job but have completely different experiences of that job. It can be the most amazing experience and a dream job for one person but be another person's worst nightmare and living hell. The only difference between the two people is how they think about their job, which determines how they ultimately feel about it.

You will have problems with your parents, the person you love, your dream job.

hated your job?

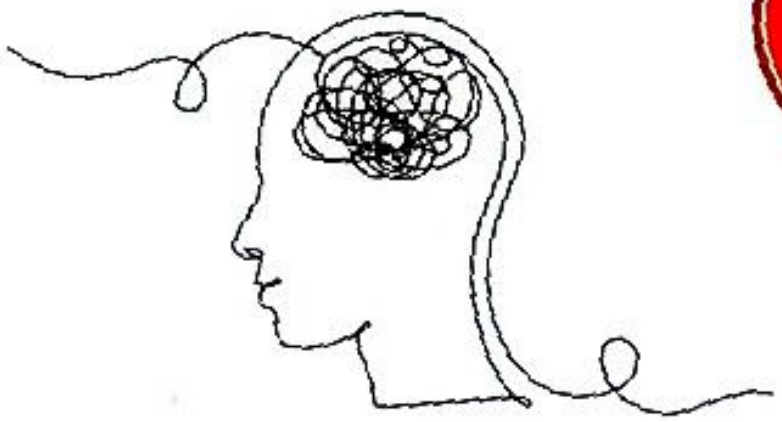
Take 1 minute to see what comes up for you, and don't move on until you do that.

If you don't overthink it and truly let the answers surface from within you, without that thought, you

#1 INTERNATIONAL BESTSELLER

JOSEPH NGUYEN

Don't Believe Everything You Think



SPECIAL INDIAN EDITION. SALE IN THE USA & UK IS ILLEGAL

Why your thinking is the beginning and end of suffering

FOR SALE IN INDIA ONLY

14. Set deadlines; The task will never be finished without deadlines.

15. Do the task that you hate first.

16. Don’t be a perfectionist when it's not required.

17. Schedule a time when you're going to check your email.

18. Avoid all unnecessary meetings.

19. Avoid negative people at all costs.

20. Do what you love.

@Moneymindedman

8. Remove all distractions from your environment.

9. Learn to say “No.” You will never have enough time if you say “Yes” to everything.

10. Delegate all the non-important tasks.

11. Don’t wait for the perfect time. Do it now.

12. Anything that can be done in under five minutes should be done now.

13. Stop focusing on things that don't help you achieve your goals.

@Moneymindedman

1. Plan your day.

2. Write everything you want to achieve in a day.

3. Write your goals on a physical paper.

4. Follow the 80/20 Rule: 20% of your work will bring you 80% of your results.

5. Stop multitasking. Switching tasks significantly reduces your productivity.

6. Focus on one task at a time.

7. When tired, take a nap.

@Moneymindedman

How To Master
TIME MANAGEMENT

Reels
"सिर्फ सोचने से नहीं,
उस सोच पर कर्म करने से
ही सपने सच होते हैं।"
4,197
19
1,340
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01 Brand Positioning

- Principles & values
- Brand voice & tone
- Content pillars
- Unique Hero story

02 Define Ideal Client

- Pain points
- Fears & Desires
- How they speak
- Current challenges

03 Bio Optimization

- PFP in brand colors
- Niche keywords
- Clear benefit in bio
- Highlights = website

04 Your Sales Funnel

- Lead magnet for email
- Sell a low ticket resource
- Design a mid-range service
- Ultimate high-ticket offer

05 Content Strategy

- Use benefit Hooks
- Use all 3 formats
- Attract-Nurture-Convert
- Focus on Saves & Shares

06 Your Process

- DM Conversations
- No arbitrary discounts
- Deliver value in excess
- Refine your systems

07 Sell your Offers

- Promote on Stories
- Showcase testimonials
- Don't list the price
- Drive FOMO

08 Engagement Strategy

- Engage with active creators
- Show authority with comments
- Respond to all comments
- Have a community-first focus

Akila | Social Media Marketing

Save It

Comments

flywithyogesh 22w • ❤️

“Insta ne feature kyu banaya? Use karne ke liye! - Best✨👍

95

Reply See translation

View 1 more reply

sadaat_socials 10w

I'm currently struggling with posting stories. Students always have a limited time to give to their social media presence :(

1

Reply

unbeatable_gamers12 2w

😍

1

Reply

adiivlogs_ 3w

Auto caption app name

❤️ 🙌 🔥 👏 😢 😍 😮 😂

Add a comment···

23K

60

7,781

ashutoshtz

Follow

ashutoshtz • Origin

Just Restart. ···

TOP 5 GOA

GET FIT

TRAVEL SOLO

SAVE FOR A HOUSE

MASTER PUBLIC SPEAKING

BE FINANCIALLY INDEPENDENT

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TOP 25 GOALS

1. Be financially independent.

5. Get fit.

7. Travel solo.

10. Master public speaking.

20.Save for a house.

1,610

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TOP 25 GOALS

1. Be financially independent.
2. Learn one new skill.
3. Improve emotional intelligence.
4. Read 50 books.
5. Get fit.
6. Earn a degree.
7. Travel solo.
8. Grow in career.
9. Start a side hustle.
10. Master public speaking.
11. Bond with family.
12. Find a partner.
13. Expand social circle.
14. Volunteer for causes.
15. Explore India.
16. Travel abroad.
17. Try adventure sports.
18. Attend events.
19. Buy a car.
20. Save for a house.
21. Invest money.
22. Build savings.
23. Pursue a hobby.
24. Balance life.
25. Celebrate wins.

pritika.loonia
Follow
Rule by Warren Buffet

TOP 25 GOALS

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80 वर्षीय व्यक्ति से 50 जीवन सबक

अगर आप को यह पोस्ट पढ़कर अच्छा लगा तो आप
इस पोस्ट को लाइक करके इस पोस्ट को आगे बड़ा सकते है।
आपको धन्यवाद!

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1,453

17

1,475

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2. छोटी चीजें वास्तव में बड़ी चीजें हैं।
3. बुढ़ापे से डरो मत; यह एक विशेषाधिकार है जो कई ोगों को नहीं मिलता।
4. अपनी ऊर्जा के साथ चयनात्मक रहें। हर कोई आपके मय और प्रयास का हकदार नहीं है।
5. पिछली गलतियों पर ध्यान न दें।
6. एक बुरे दिन का मतलब बुरा जीवन नहीं है।
7. वस्तुओं में नहीं, यादों में निवेश करें।
8. सफलता रैखिक नहीं है। आपके जीवन में उतार-चढ़ाव आएंगे, लेकिन दृढ़ता से काम करने से लाभ मिलता है।
9. सच्ची सफलता मन की शांति है।
0. आप प्रगति पर काम कर रहे हैं।

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34. अपने अध्याय 1 की तुलना किसी और के अध्याय 20 से न करें।
35. अकेले रहने में सहज रहें।
36. प्रतिदिन उठाए गए छोटे-छोटे कदम समय के साथ बड़े परिवर्तन लाते हैं।
37. आप हमेशा नये सिरे से शुरुआत कर सकते हैं।
38. कुछ भी स्थायी नहीं है, यहां तक कि आपकी परेशानियां भी नहीं।
39. केवल उपलब्धियों का ही नहीं, बल्कि क्षणों का भी आनंद लें।
40. अधिक बार "मैं तुमसे प्यार करता हूँ" कहें।
41. सबसे बड़ी मुद्रा समय है।

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29. मील के पत्थर हासिल करने में जल्दबाजी न करें। हर चीज़ का अपना समय होता है।
30. गपशप से बचें। यह समय की बर्बादी है और इससे केवल नकारात्मकता ही बढ़ेगी।
31. दिनचर्या आपकी सबसे अच्छी मित्र हो सकती है।
32. अपने आसपास ऐसे लोगों को रखें जो आपको बेहतर बनने के लिए प्रेरित करते हों।
33. माफ़ी मांगने में कभी देर नहीं होती। घमंड को रिश्तों को बर्बाद न करने दें।

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22. जितना बोलें उससे अधिक सुनें।
23. अपने आप को आराम करने की अनुमति दें।
24. सरलता ही खुशी की कुंजी है।
25. आप खाली कप से पानी नहीं डाल सकते।
26. कभी-कभी कोई भी योजना सर्वोत्तम योजना नहीं होती।
27. आप बहुत व्यस्त नहीं हैं; यह सिर्फ प्राथमिकताओं का मामला है।
28. आत्मविश्वास योग्यता से आता है।

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15. ऐसे रिश्तों में निवेश करें जो आपको ऊर्जा दें, न कि
जो आपको थका दें।
16. जितना स्क्रॉल करें उससे अधिक पढ़ें।
17. कुछ नया करने के लिए आपकी उम्र कभी भी
ज्यादा नहीं होती।
18. मान्यता के लिए मत जियें। महत्वपूर्ण यह है कि
आप खुद को किस तरह देखते हैं।
19. हँसी दवा है.
20. कठिन समय में आपका रवैया आपको परिभाषित
करता है।
21. दूसरे क्या सोचते हैं इसकी चिंता करना छोड़ दें।

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. कभी भी यह न मानें कि आप सही हैं। अपना विचार दलने के लिए तैयार रहें।
. अनुभव, संपत्ति से अधिक महत्वपूर्ण है। यादें ौतिक चीजों से अधिक समय तक टिकती हैं।
10. अपने आप से पूछें, 'क्या यह 5 साल बाद भी ायने रखेगा?'
11. लोगों से आगे निकल जाना ठीक है।
12. जीवन दुर्भावनाओं के लिए बहुत छोटा है।
13. बदले में कुछ भी उम्मीद किए बिना किसी की मदद करें।
14. अपने पैरों का ख्याल रखें.

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. आपको हर उस बहस में उपस्थित होना जरूरी नहीं
जिसमें आपको आमंत्रित किया गया हो।
. उन चीज़ों के बारे में चिंता करके समय बर्बाद न करें
जिन्हें आप नियंत्रित नहीं कर सकते।
. आपका स्वास्थ्य ही आपकी असली संपत्ति है।
. नींद आपके विचार से कहीं अधिक शक्तिशाली है।
. अपनी आखिरी सांस तक सीखते रहें।
. जल्दी असफल हो जाओ, बार-बार असफल हो
जाओ, लेकिन आगे बढ़ते रहो। हर असफलता एक
छिपी हुई सीख है।
. सभी के प्रति दयालु रहें।

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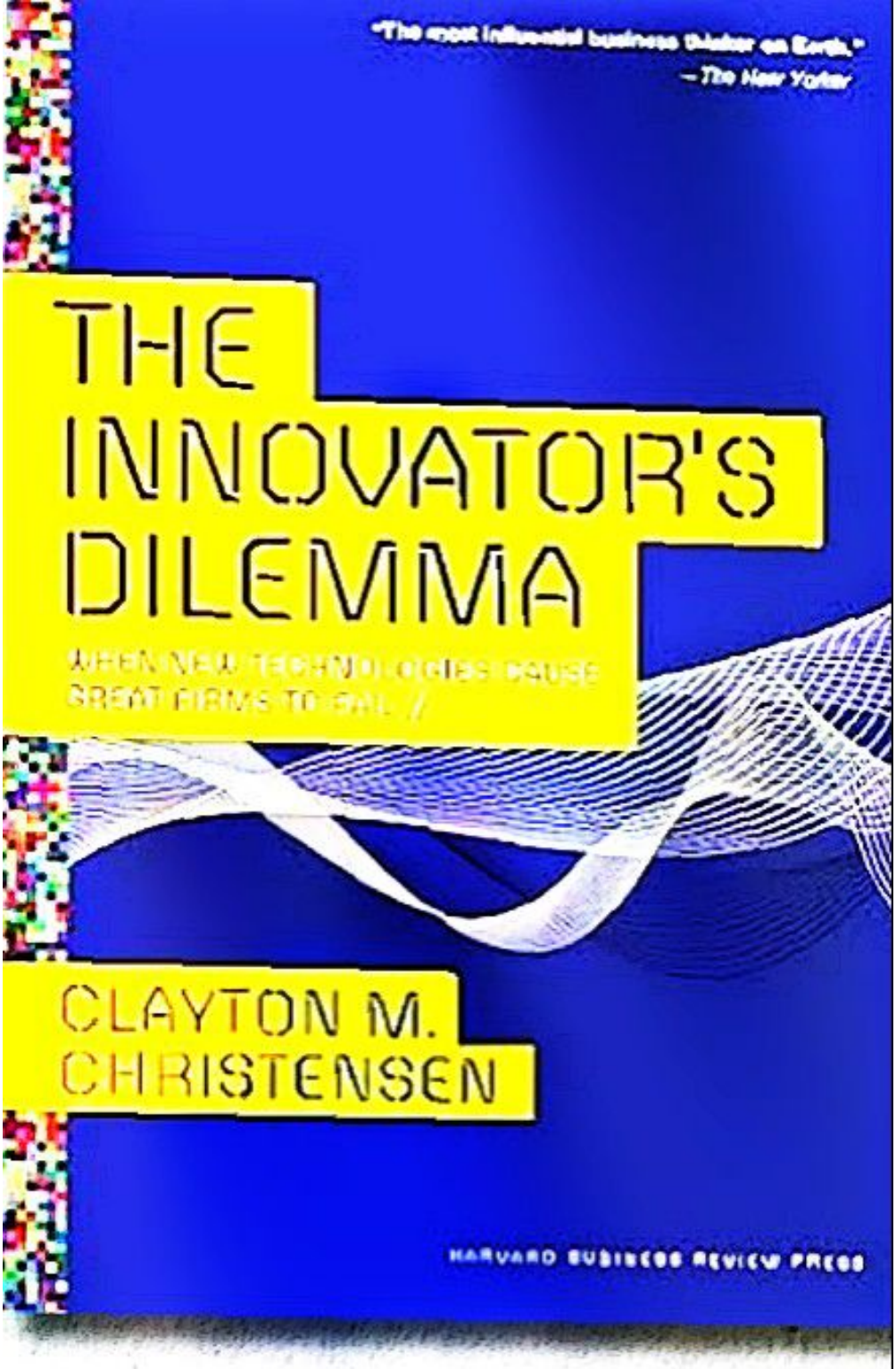
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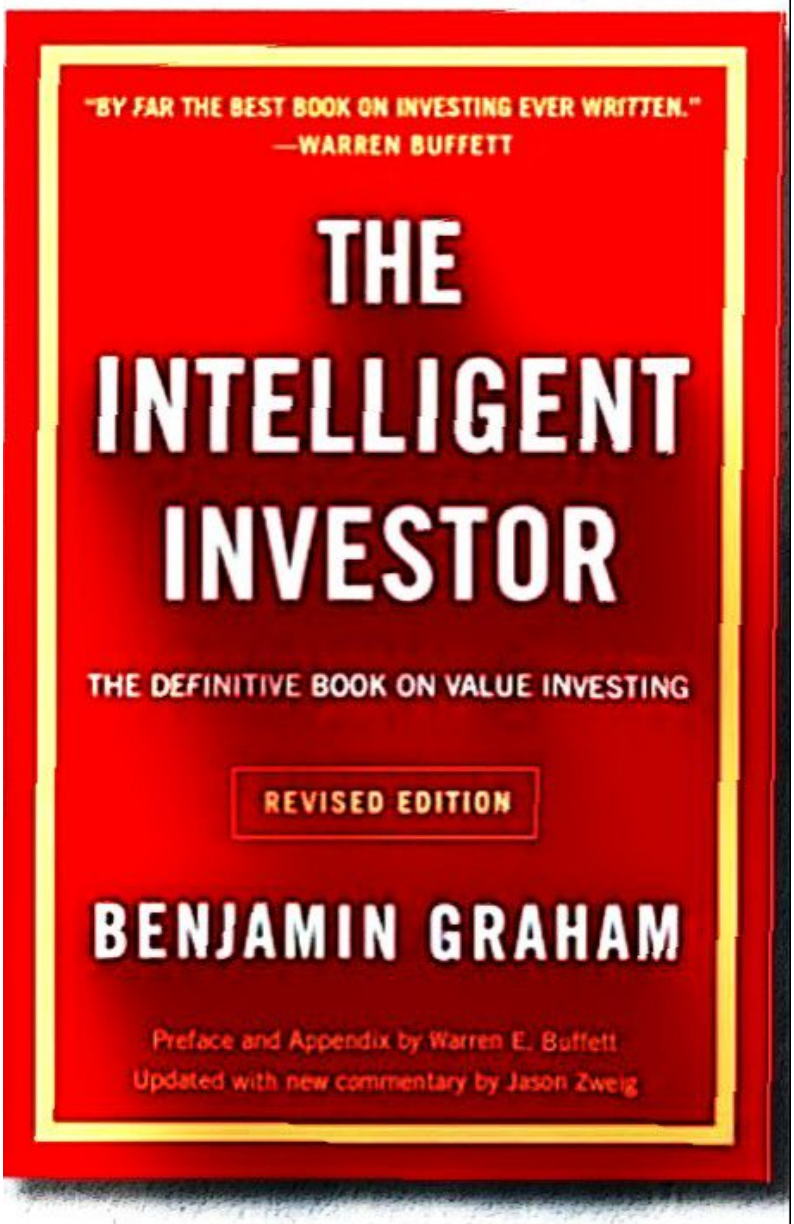
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मोदी एक बेशर्म बदमाश और गुंडा है जिसकी पूरी राजनीति हिंदुओं और मुसलमानों के बीच नफरत भड़काने और सांप्रदायिक हिंसा फैलाने और मुसलमानों और ईसाइयों पर अत्याचार भड़काने पर आधारित थी और है।

मार्कण्डेय काट्जू

(पूर्व जज, सुप्रीम कोर्ट ऑफ़ इंडिया)

MYTHICS:7 ASTA-DIKPALAKA

KUBERA

- Two-armed : gada abhaya/varada
- Potbellied, fangs from mouth
- Mounted on a ram/ elephant/ man

VAYU

- Two-armed : dhvaja, danda/ankusa
- Mounted on a stag, harina

ISANA

- Two-armed : sula,kapala
- Three eyed, jata makuta (considered form of siva)
- Mounted on a bull, vrsabha

NORTH
uttara

NORTH WEST
vayavya

NORTH EAST
isanya

WEST
pascima

EAST
purva

SOUTH WEST
nairtya

SOUTH
daksina

SOUTH EAST
agneya

VARUNA

- Two/ Four-armed : naga-pasa, varada (or) padma, pasa, sankha, kundalika
- Mounted on a swan with crocodile face, makarahamsa

INDRA

- Four-armed : vajra, ankusa, abhaya, varada
- Third eye on the forehead
- Mounted on a white elephant, Airavata

NIRRTI

- Two-armed : danda, khadga
- Third eye on the forehead
- Mounted on a man, naravahana

AGNI

- Four-armed : arcci, trisula, aksamala, sakti
- Bearded, three eyed, four fangs from mouth
- Mounted on a Ram, chaga

Note that the names of the inter-directions are derived from the names of it's guardians

YAMA

- Two-armed : gada, pasa
- Mounted on a buffalo, Mahisa

The [illegible] of '**guardians of cardinal directions**' is an ancient one, as old as the Vedic texts. The dire[illegible]re **originally** counted as **four**, later as **six**(Atharva-veda), then it became more **common** to co[illegible]**ight** directions, **four major (dik)** and **four inter-directions (vidik)**, and to **visualize gu[illegible]**

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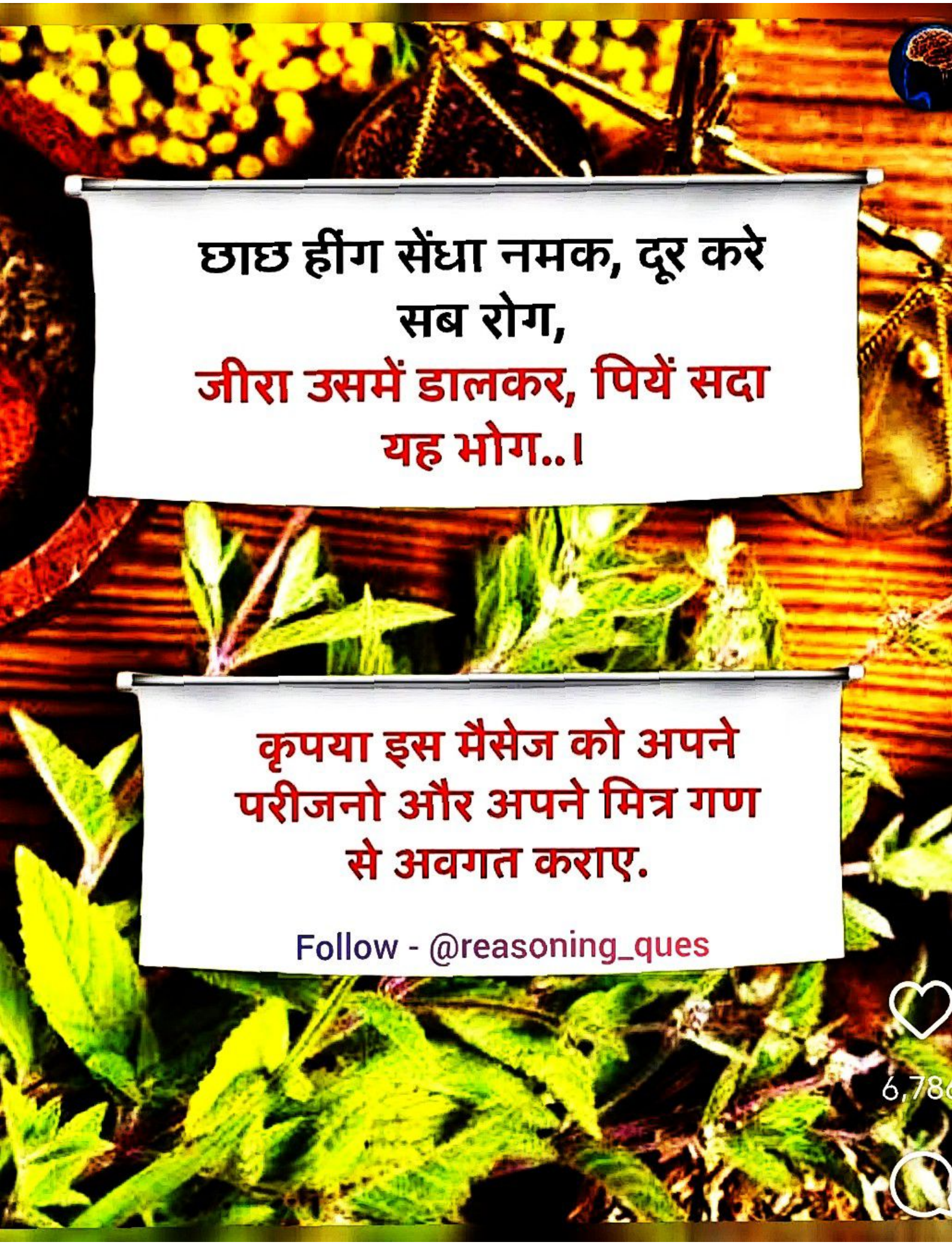
A. Gopinath[illegible]


छाछ हींग सेंधा नमक, दूर करे
सब रोग,
जीरा उसमें डालकर, पियें सदा
यह भोग..।
कृपया इस मैसेज को अपने
परीजनो और अपने मित्र गण
से अवगत कराए.
Follow - @reasoning_ques

मुँह में बदबू हो अगर, दालचीनि मुख डाल,
बने सुगन्धित मुख, महक, दूर होय तत्काल..

मधु का सेवन जो करे, सुख पावेगा सोय,
कंठ सुरीला साय में, वाणी मधुरिम होय..

कंचन काया को कभी, पित्त अगर दे कष्ट,
घृतकुमारि संग आँवला, करे उसे भी नष्ट..

पीता थोड़ी छाछ जो, भोजन करके रोज,
नहीं जरूरत वैद्य की, चेहरे पर हो ओज..

बीस मिली रस आँवला, पांच ग्राम मधु संग,
सुबह शाम में चाटिये, बढ़े ज्योति सब दंग..

ठण्ड अगर लग जाय जो नहीं बने कुछ काम, नियमित पी लें गुनगुना, पानी दे आराम..

बीस मिली रस आँवला, हल्दी हो एक ग्राम,
सर्दी कफ तकलीफ में, फ़ौरन हो आराम..

कफ से पीड़ित हो अगर, खाँसी बहुत सताय,
अजवाइन की भाप लें, कफ तब बाहर आय..

नीबू बेसन जल शहद, मिश्रित लेप लगाय,
चेहरा सुन्दर तब बने, बेहतर यही उपाय..

अजवाइन लें छाछ संग, मात्रा पाँच गिराम, कीट पेट के नष्ट हों, जल्दी हो आराम..

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चिंतित होता क्यों भला, देख बुढ़ापा रोय,
चौलाई पालक भली, यौवन स्थिर होय..

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तुलसीदल दस लीजिए, उठकर प्रातःकाल,
सेहत सुधरे आपकी, तन-मन मालामाल..

लाल टमाटर लीजिए, खीरा सहित सनेह,
जूस करेला साथ हो, दूर रहे मधुमेह..

थोड़ा सा गुड़ लीजिए, दूर रहें सब रोग,
अधिक कभी मत खाइए, चाहे मोहनभोग..

प्रातः संध्या पीजिए, खाली पेट सनेह,
जामुन-गुठली पीसिये, नहीं रहे मधुमेह..

अजवाइन और हींग लें, लहसुन तेल पकाय,
मालिश जोड़ों की करें, दर्द दूर हो जाय..

सात पत्र लें नीम के, खाली पेट चबाय, दूर करे मधुमेह को, सब कुछ मन को भाय..

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ऐलोवेरा-आँवला, करे खून में वृद्धि,
उदर व्याधियाँ दूर हों,जीवन में हो सिद्धि..

सात फूल ले लीजिए, सुन्दर सदाबहार,
दूर करे मधुमेह को, जीवन में हो प्यार..

दस्त अगर आने लगें, चिंतित दीखे माथ,
दालचीनि का पाउडर, लें पानी के साथ..

॥ आयुर्वेदिक दोहे ॥

दही मथें माखन मिले, केसर संग मिलाय,
होठों पर लेपित करें, रंग गुलाबी आय..

बहती यदि जो नाक हो, बहुत बुरा हो हाल,
यूकेलिप्टिस तेल लें, सूंघें डाल रुमाल..

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अजवाइन को पीसिये , गाढ़ा लेप लगाय,
चर्म रोग सब दूर हो, तन कंचन बन जाय..

अजवाइन को पीस लें , नीबू संग मिलाय,
फोड़ा-फुंसी दूर हों, सभी बला टल जाय..

अजवाइन-गुड़ खाइए, तभी बने कुछ काम,
पित्त रोग में लाभ हो, पायेंगे आराम..

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ठण्ड लगे जब आपको, सर्दी से बेहाल,
नीबू मधु के साथ में, अदरक पियें उबाल..

अदरक का रस लीजिए. मधु लेवें समभाग,
नियमित सेवन जब करें, सर्दी जाए भाग..

रोटी मक्के की भली, खा लें यदि भरपूर,
बेहतर लीवर आपका, टी.बी भी हो दूर..

गाजर रस संग आँवला, बीस औ चालिस ग्राम,
रक्तचाप हिरदय सही, पायें सब आराम..

शहद आंवला जूस हो, मिश्री सब दस ग्राम,
बीस ग्राम घी साथ में, यौवन स्थिर काम..

यादातर हम बच्चों की ज़िद्द के सामने
ये दो रास्ते ही दिखते हैं।
पर ऐसा कर के हम अपने बच्चों की
ज़िद्द को और बढ़ा देते हैं।
Leave ❤️ if you connect
👉

Parenting Hub
RENU

मैं चाहती तो उस **time** दो तरीक़े से **react** कर सकती थी 👇

1. उसके रोने से परेशान होकर उसे और टीवी दे देती। जिस कारण वो अपनी **Boundary** नहीं समझ पाता।

2. उस पर **shout** और ग़ुस्सा करके उसके **emotion** को **ignore** कर देती। जिससे वो मेरे साथ अपने आपको **safe** नहीं **feel** कर पाता।

ful Parenting Hub
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यहाँ पर मैंने अपने बेटे को ये दो चीज़ें clear कर दी 👇

1. Boundary क्या है ?टीवी का जो time fix है उतना ही मिलेगा।

2. वो कोई भी emotion feel करेगा मैं उसके साथ हूँ और वो अपने आप को हर emotion में safe feel कर सकता है।

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थोड़ा देर बाद उसका रोना कम होता गया और वो शांत हो गया। और फिर बोला मम्मा! I love you❤️ अब मुझे toy से खेलना।

👉

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जब मैंने उसे इस तरह रोते देखा तो मैंने उसे ज़ोर से **hug** कर लिया, वो रोता जा रहा था और अपने आपको मुझसे दूर करना चाहता था फिर मैंने उसे प्यार से सहलाना शुरू किया और साथ में, मैं ये भी बोलती रही 'मुझे पता है तुम **upset** हो!' मम्मा तुम्हारे पास ही है।

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फिर मैंने उसे बोला की 'मुझे पता है आपका
और टीवी देखना है! यहाँ problem ये है
आपका अब टीवी का टाइम ख़त्म हो चुका
है तो अब आप कल देखना।'
ये सुनकर उसने और ज़ोर से रोना और
चिल्लाना शुरू कर दिया।

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उसका टीवी time complete होने के बाद
वो ज़िद्द करने लगा कि मुझे और टीवी देखना
है, और ज़ोर ज़ोर से रोने लगा।

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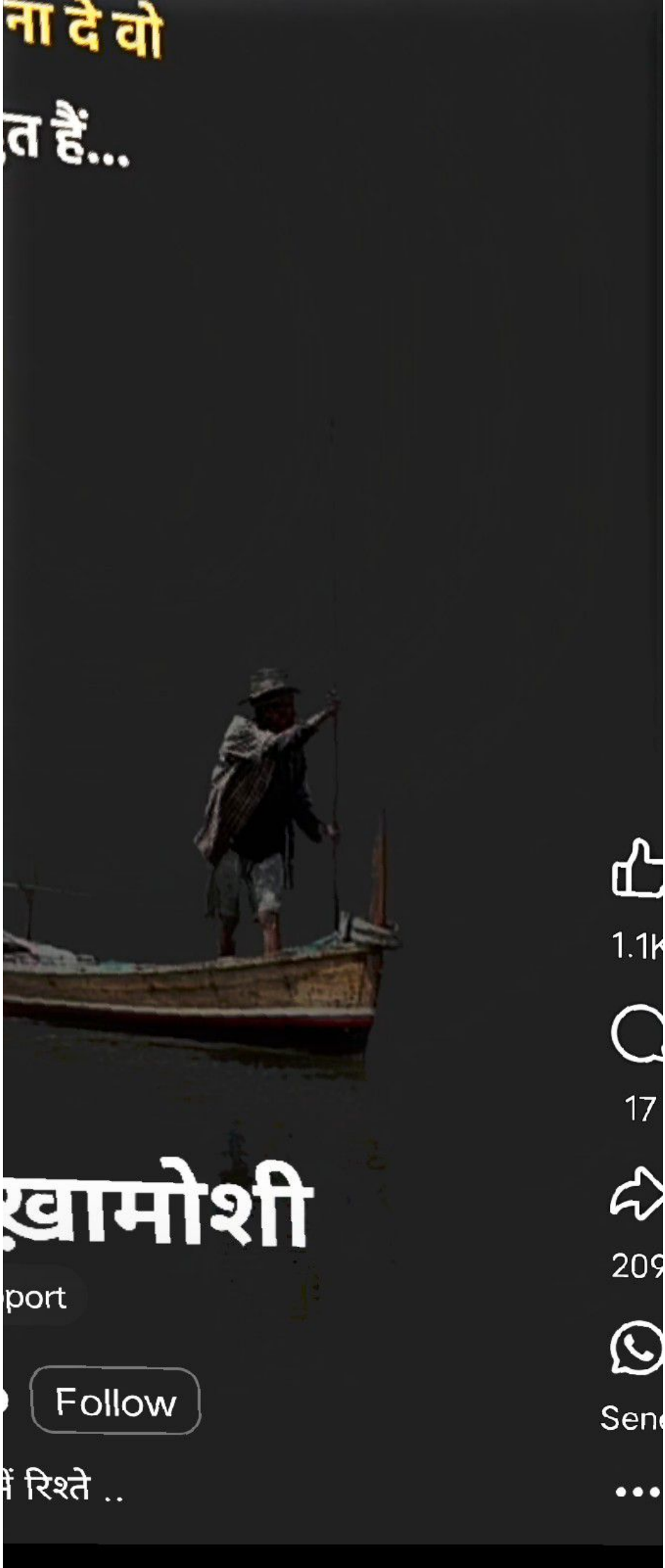
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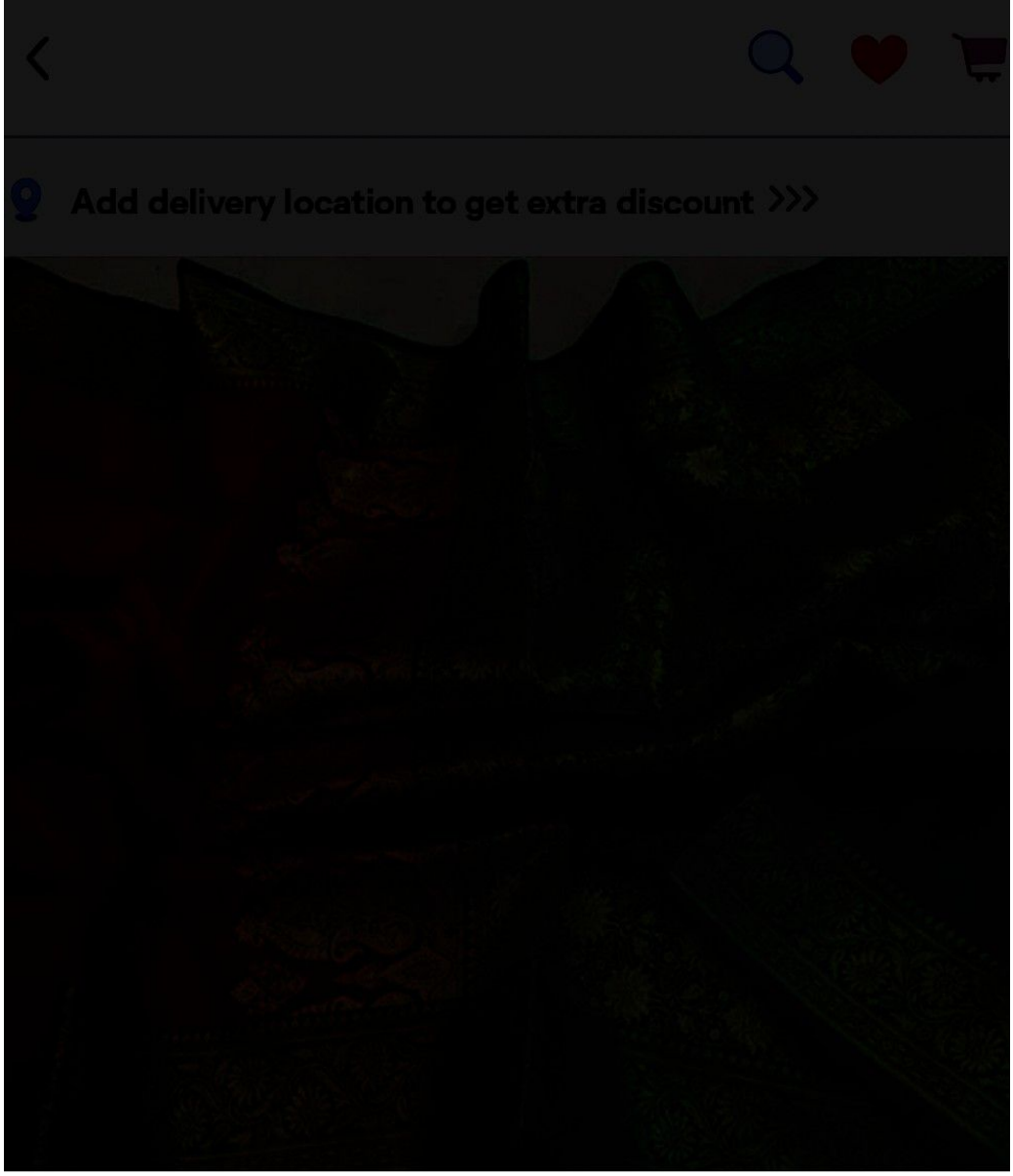

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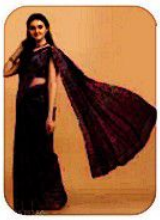

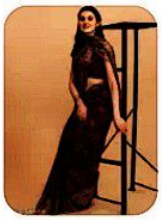

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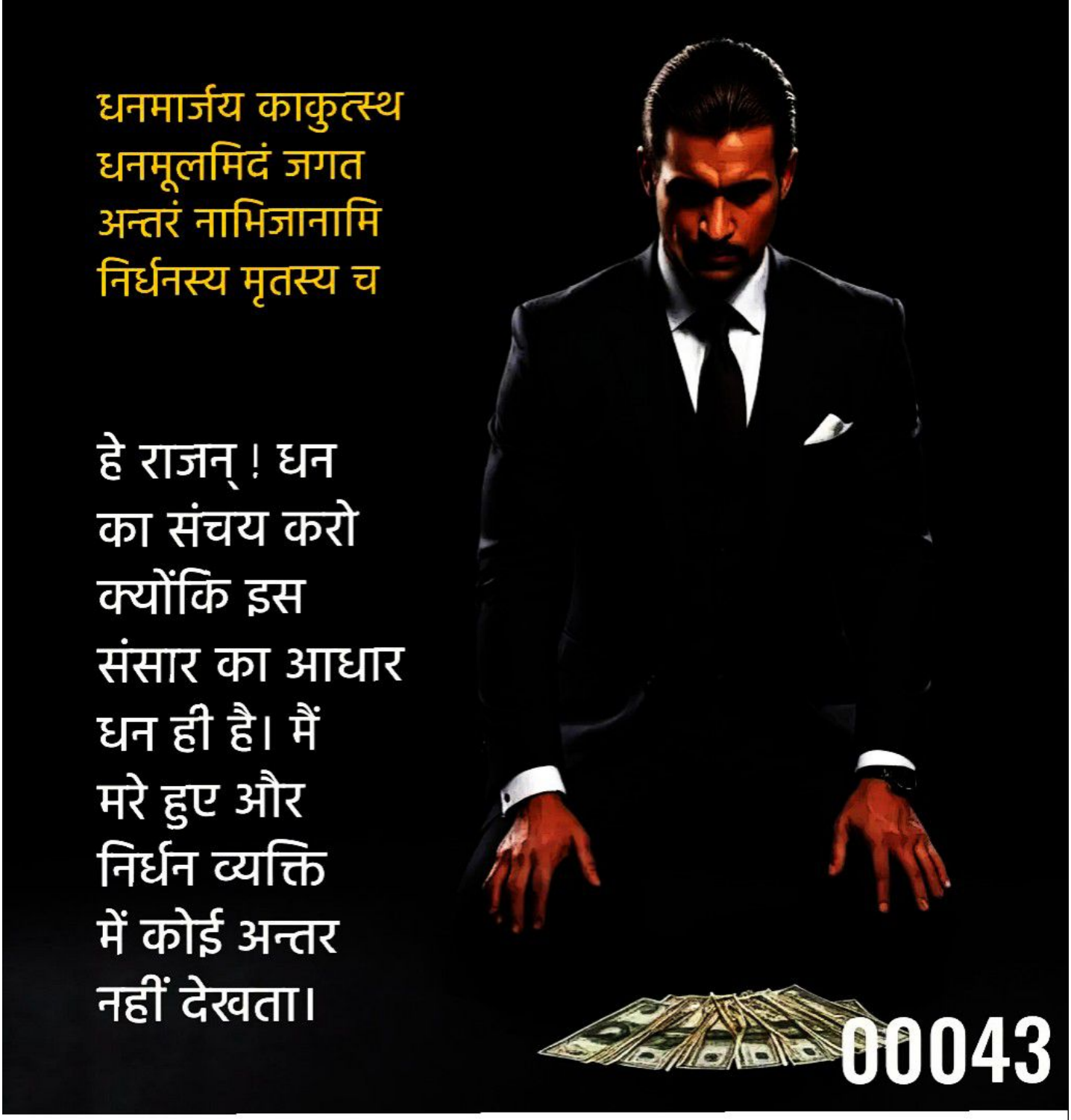

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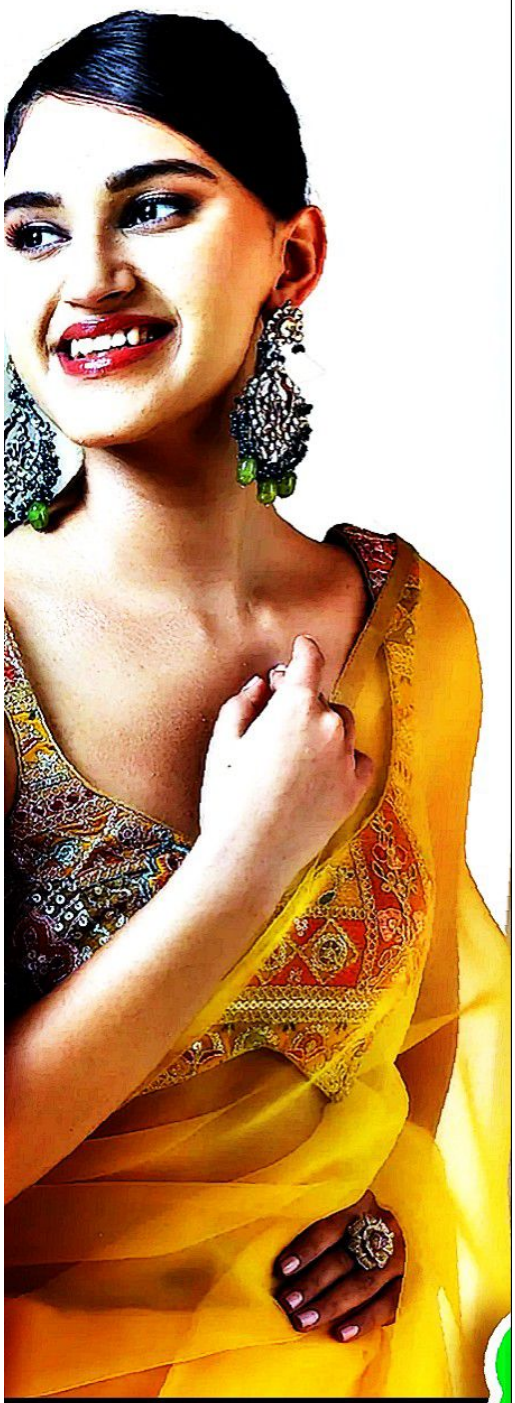

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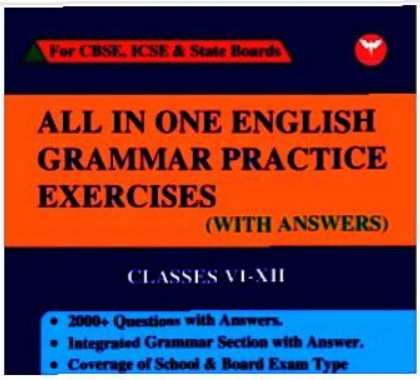
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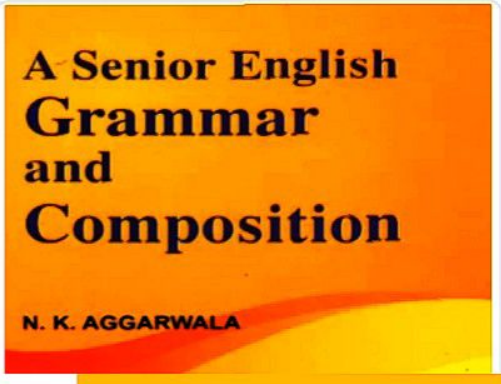

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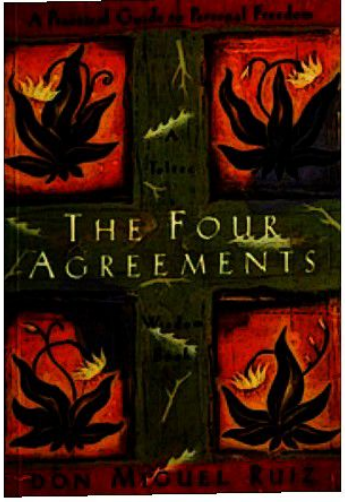

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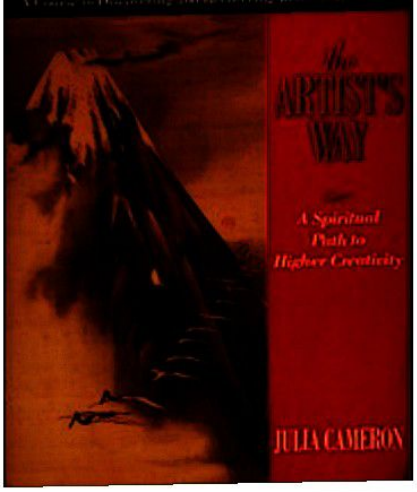

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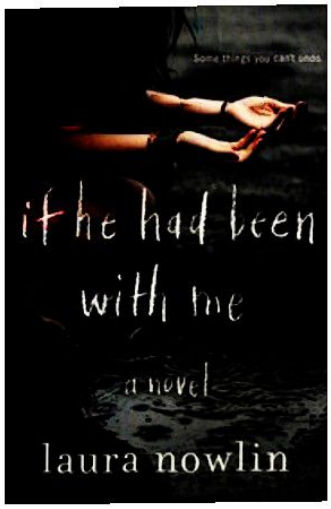

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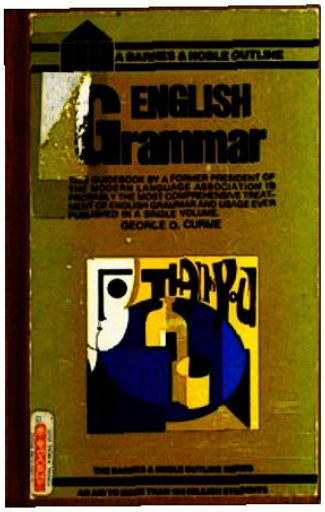

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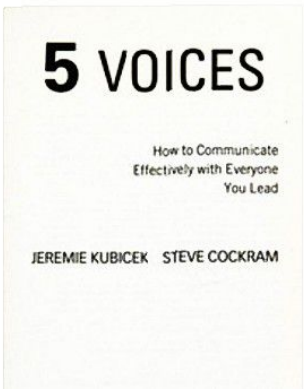

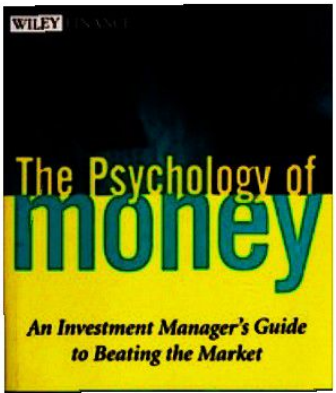

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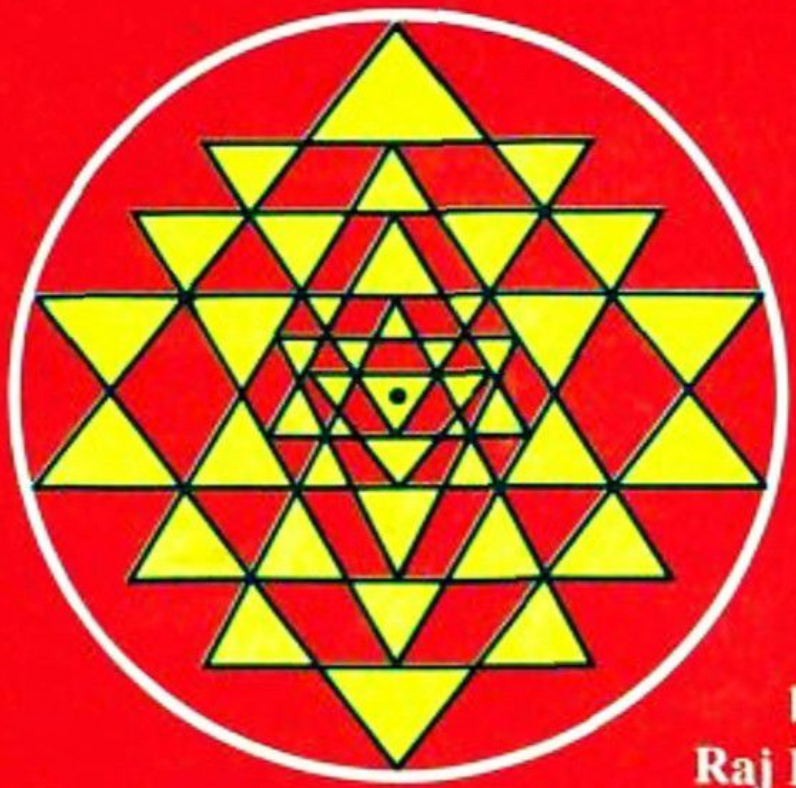

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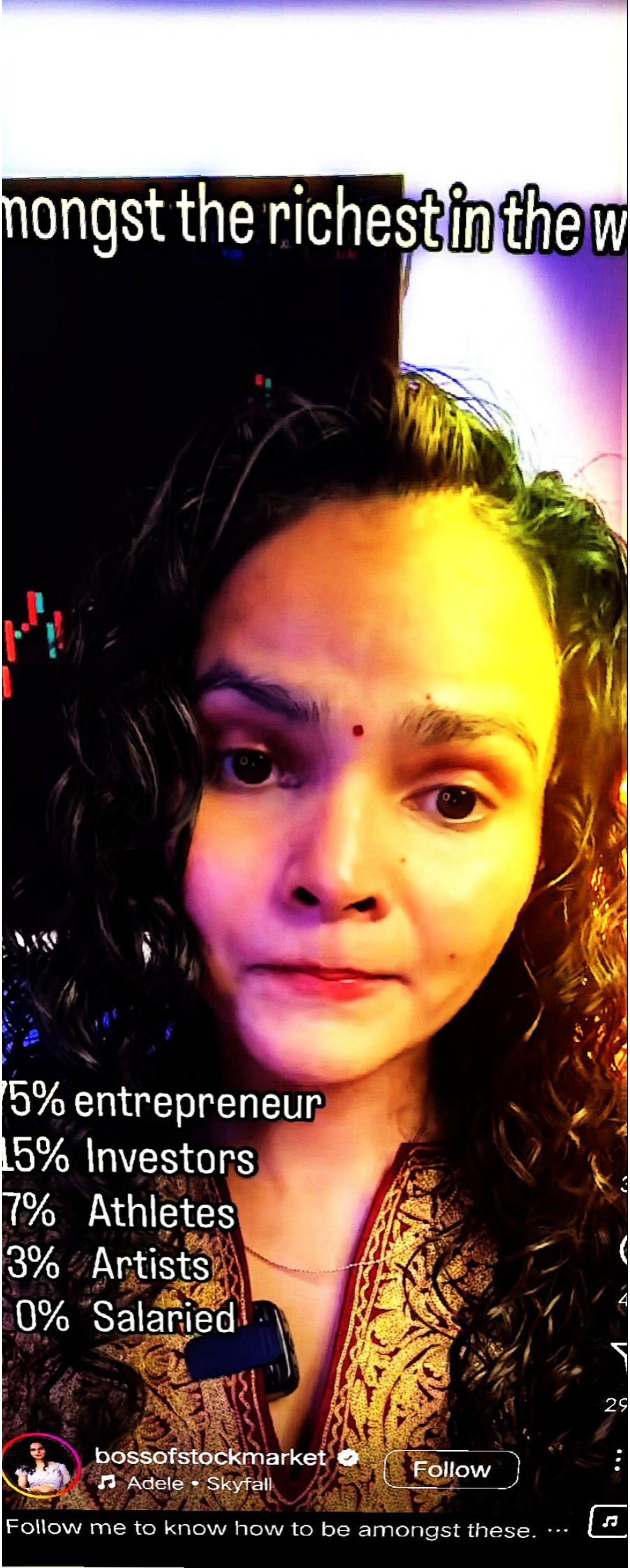
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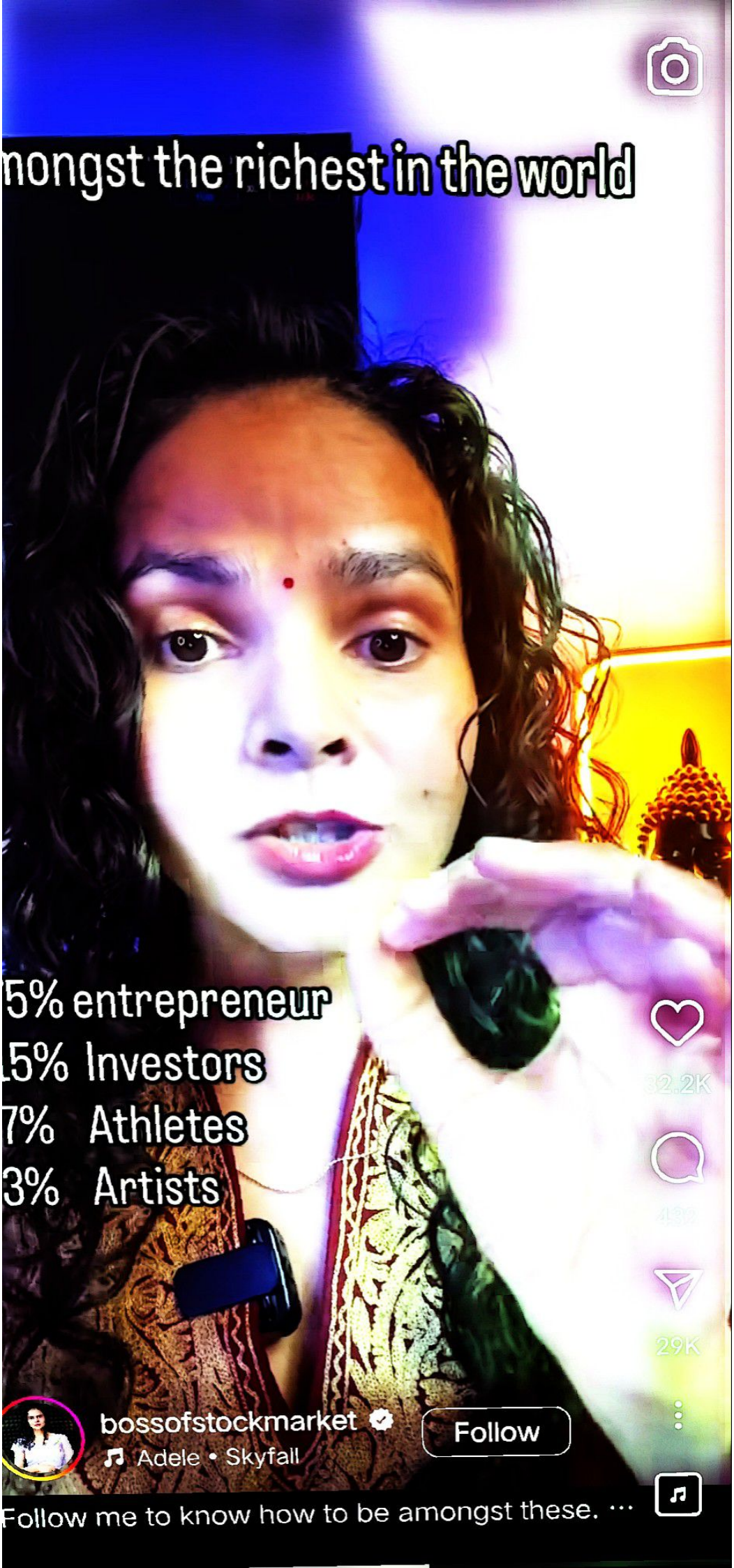
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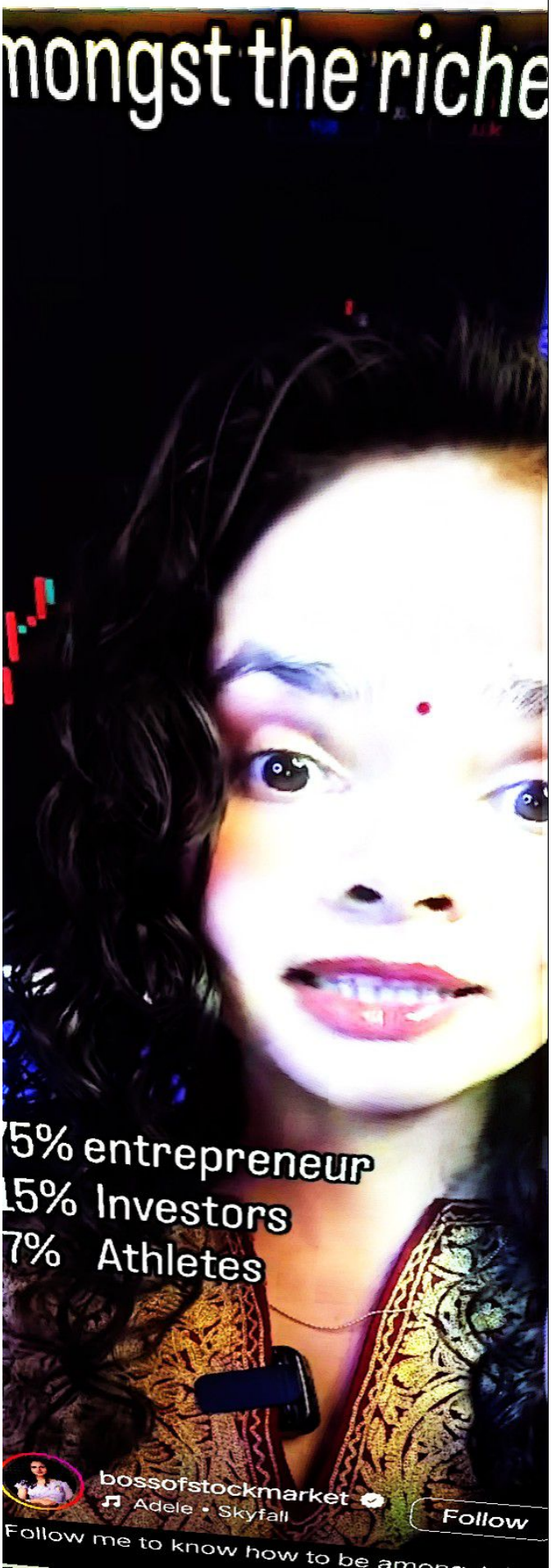
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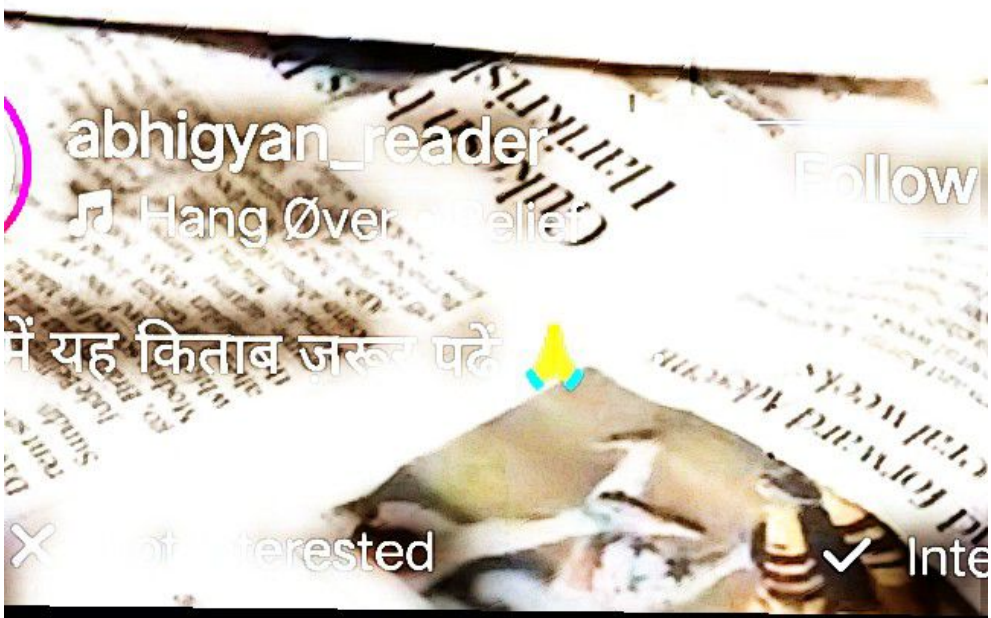

मैं जो ढाँचा कुल मिलाकर पेश कर रहा हूँ, वह संज्ञानात्मक और व्यवहारवादी मनोविज्ञान का एकीकृत मॉडल है। मैं मानता हूँ कि यह मानवीय व्यवहार के पहले मॉडलों में से एक है, जो सटीक तरीके से बाहरी उकसावे और आंतरिक भावनाओं की हमारी आदतों पर पड़ने वाले प्रभाव को बताता है। जहाँ कुछ भाषा आप समझते होंगे, वहीं मुझे विश्वास है कि आपको व्यवहार परिवर्तन के चार नियमों का वर्णन और उनके अनुप्रयोगों से आदतों के बारे में सोचने का नया मार्ग मिलेगा।

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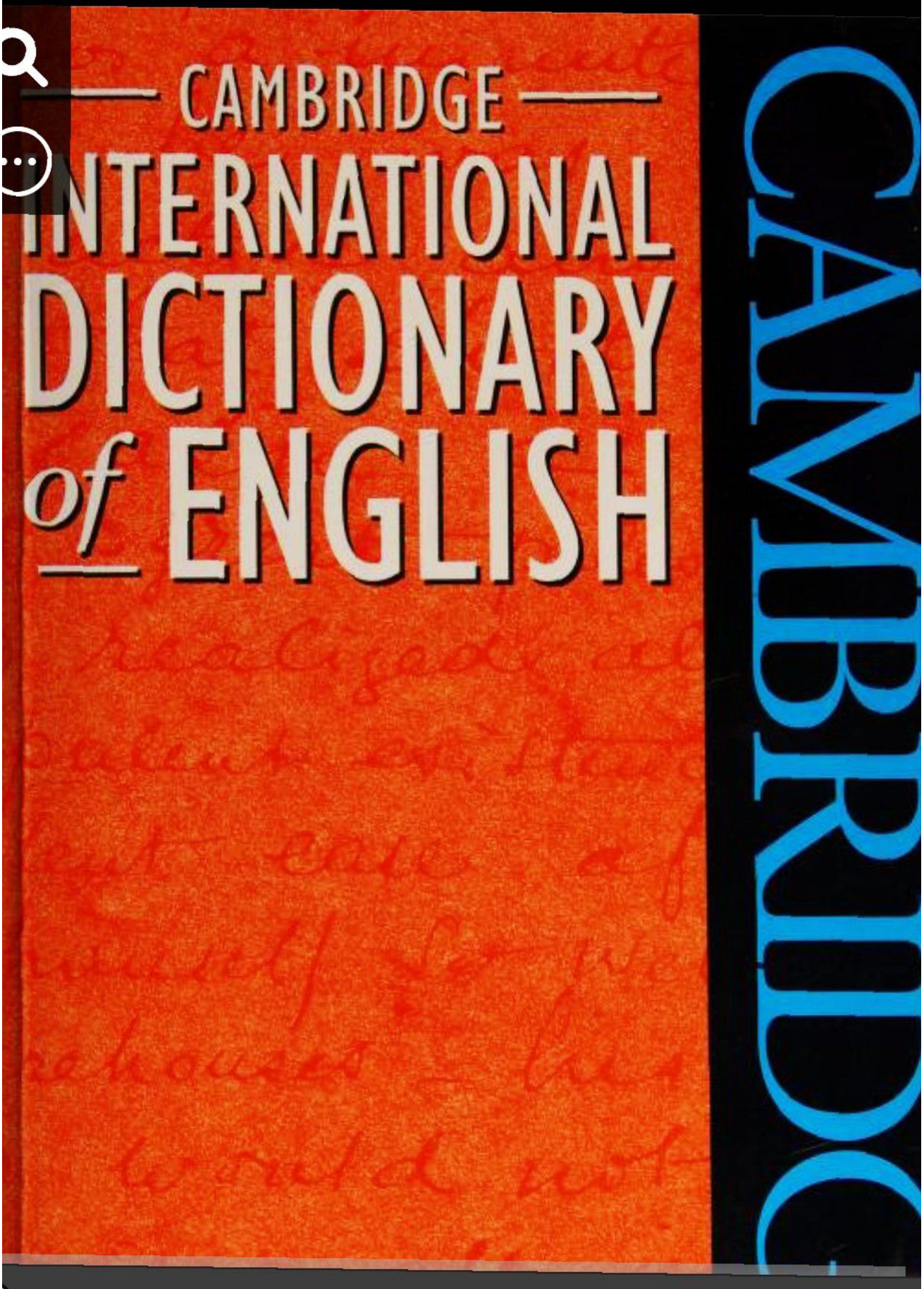

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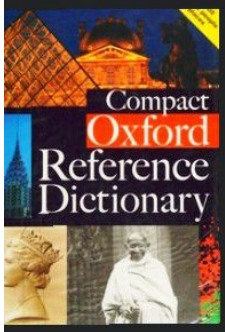

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विधायिका
(Legislature)

- केंद्र → संसद
  - लोकसभा
  - राज्यसभा
- राज्य → विधानमंडल
  - विधानसभा
  - विधानपरिषद

कार्यपालिका
(Executive)

- केंद्र → राष्ट्रपति
  - उपराष्ट्रपति
  - प्रधानमंत्री
  - मंत्रिपरिषद
- राज्य → राज्यपाल
  - मुख्यमंत्री
  - मंत्रिपरिषद

न्यायापालिका
(Judiciary)

- सर्वोच्च न्यायालय (Supreme Court)
- उच्च न्यायालय (High Court)
- जिला न्यायालय (District Court)

BY : GK STUDY POINT

Gk Study Point

विधायिका : कानून बनाने वाली संस्था को विधायिका कहते हैं ?

कार्यपालिका : बने कानून के अनुसार शासन का संचालन करने वाली संस्था को कार्यपालिका कहते हैं ?

न्यायापालिका : इसका कार्य विधायिका से निर्मित कानून से संबंधित विवादों का समाधान करना है ?

- शासन के इन्ही तिनो अंगो के माध्यम से देश की शासन व्यवस्था चलायी जाती है ?

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The Sicilian specialist.

Random House, [1st ed.], New York, New York ··

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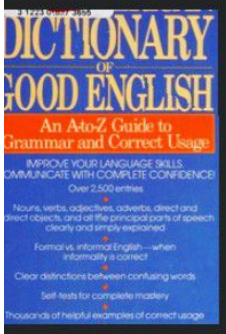
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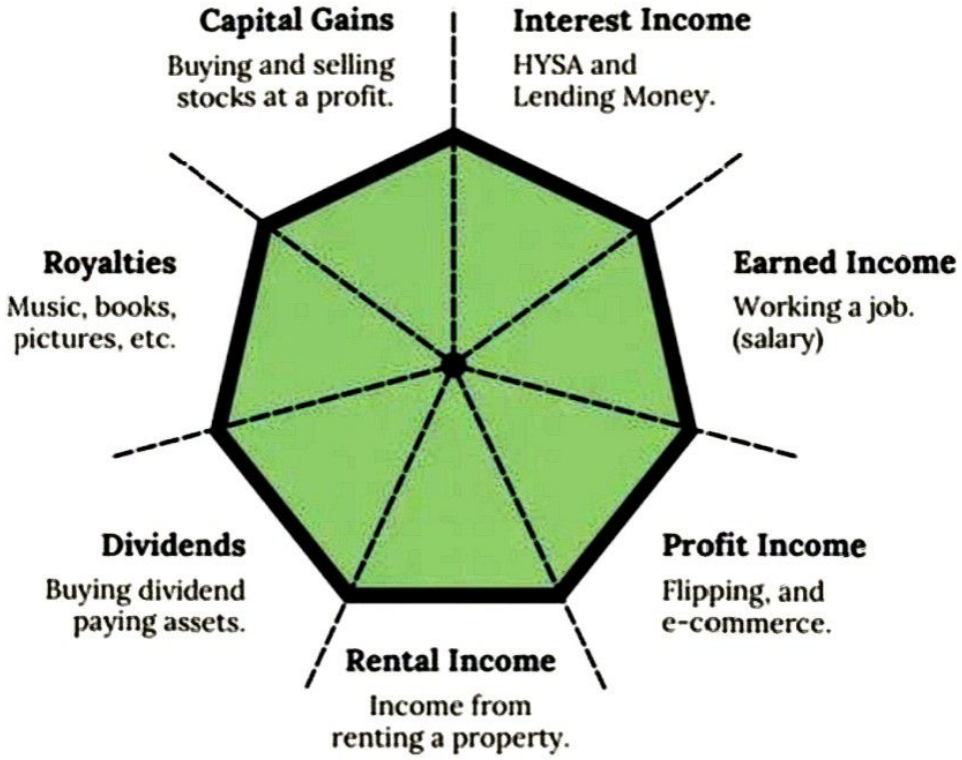

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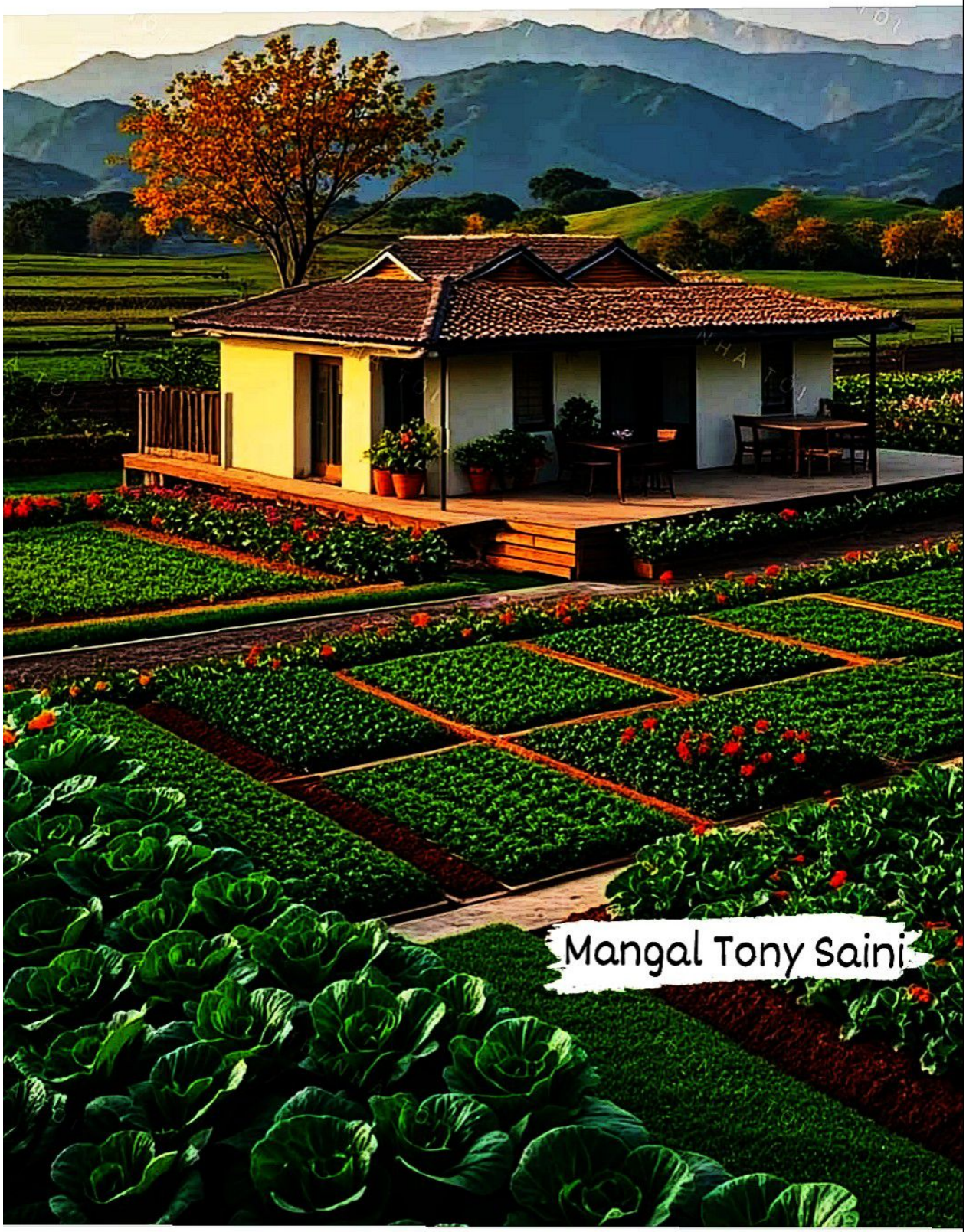

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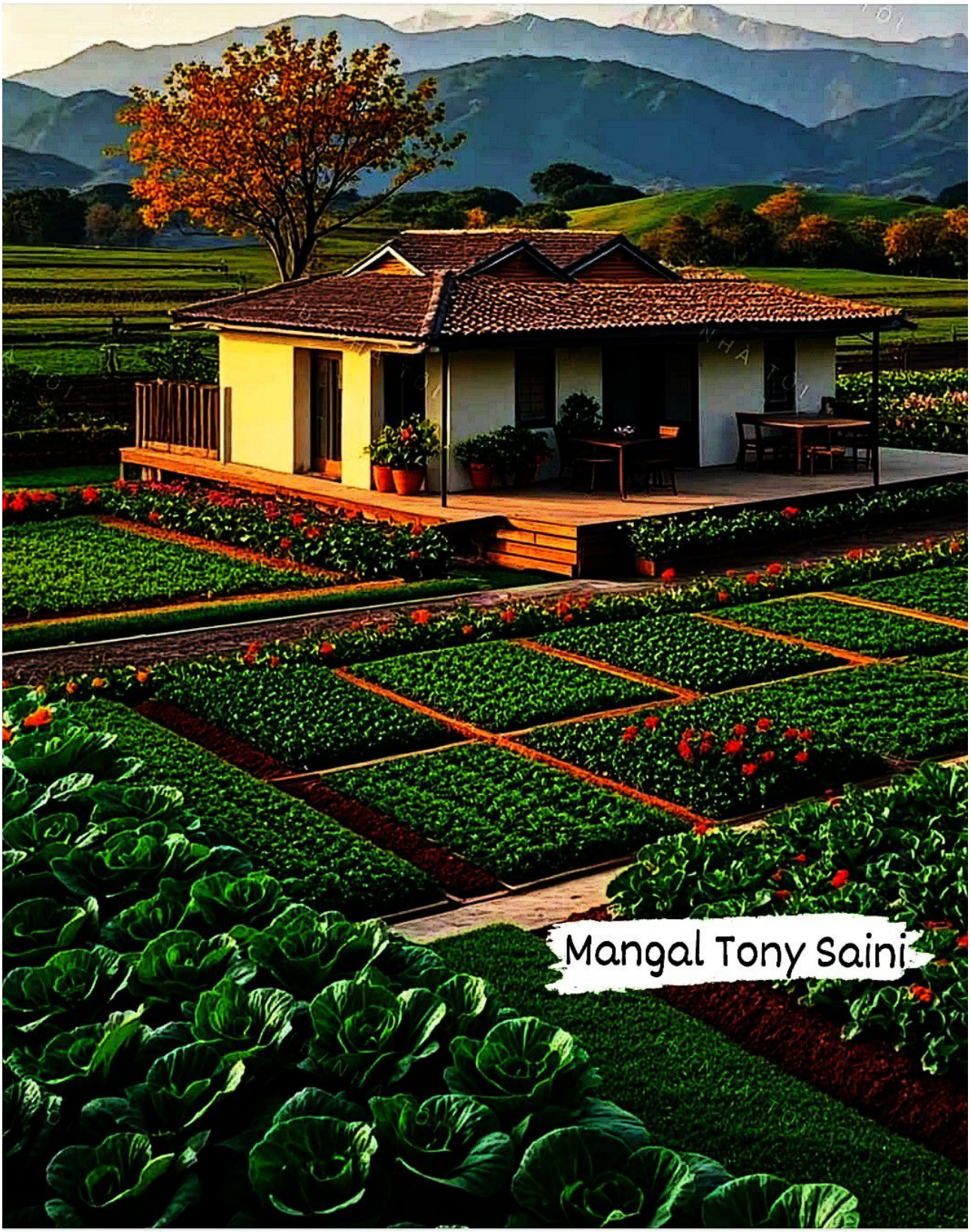

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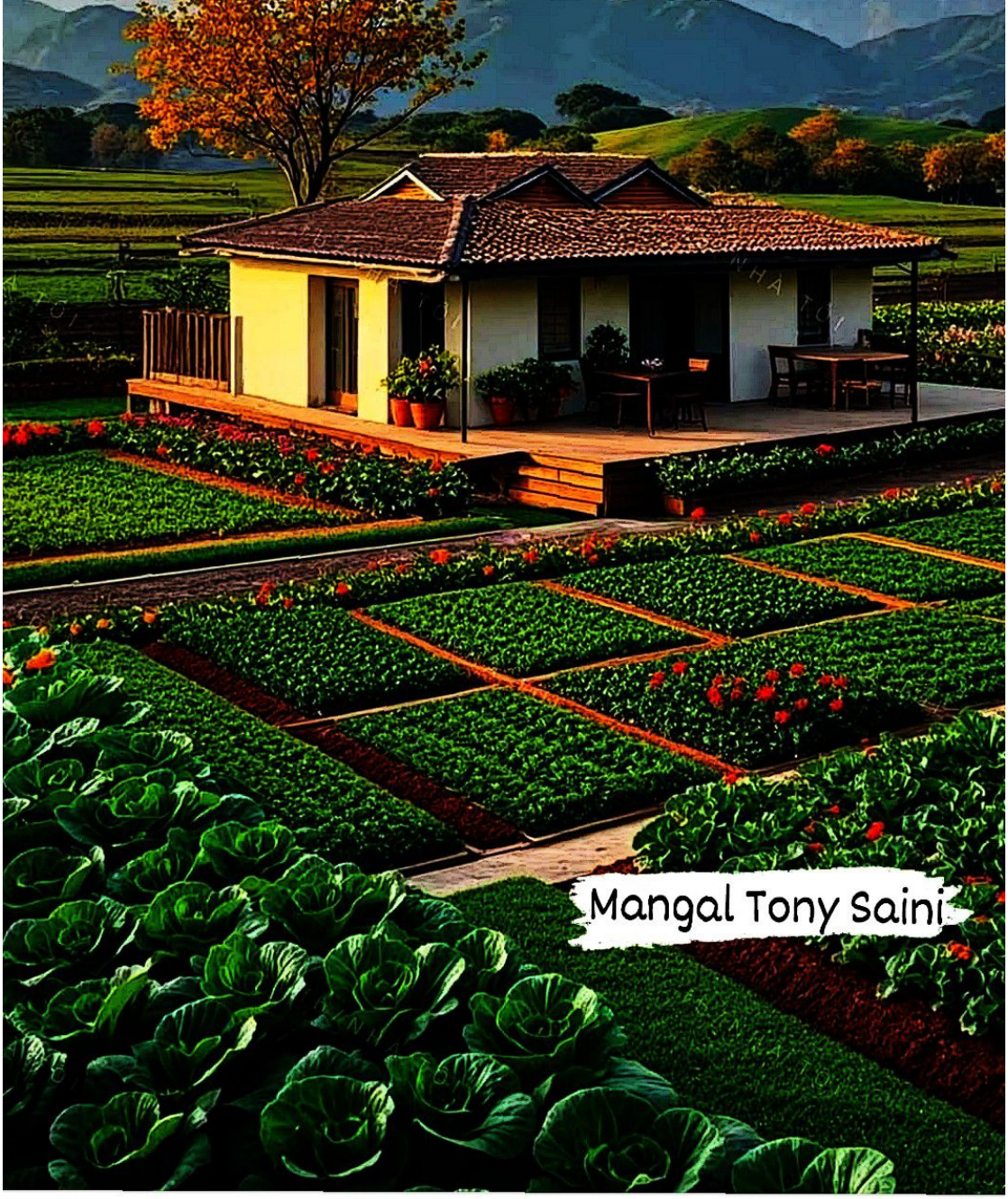

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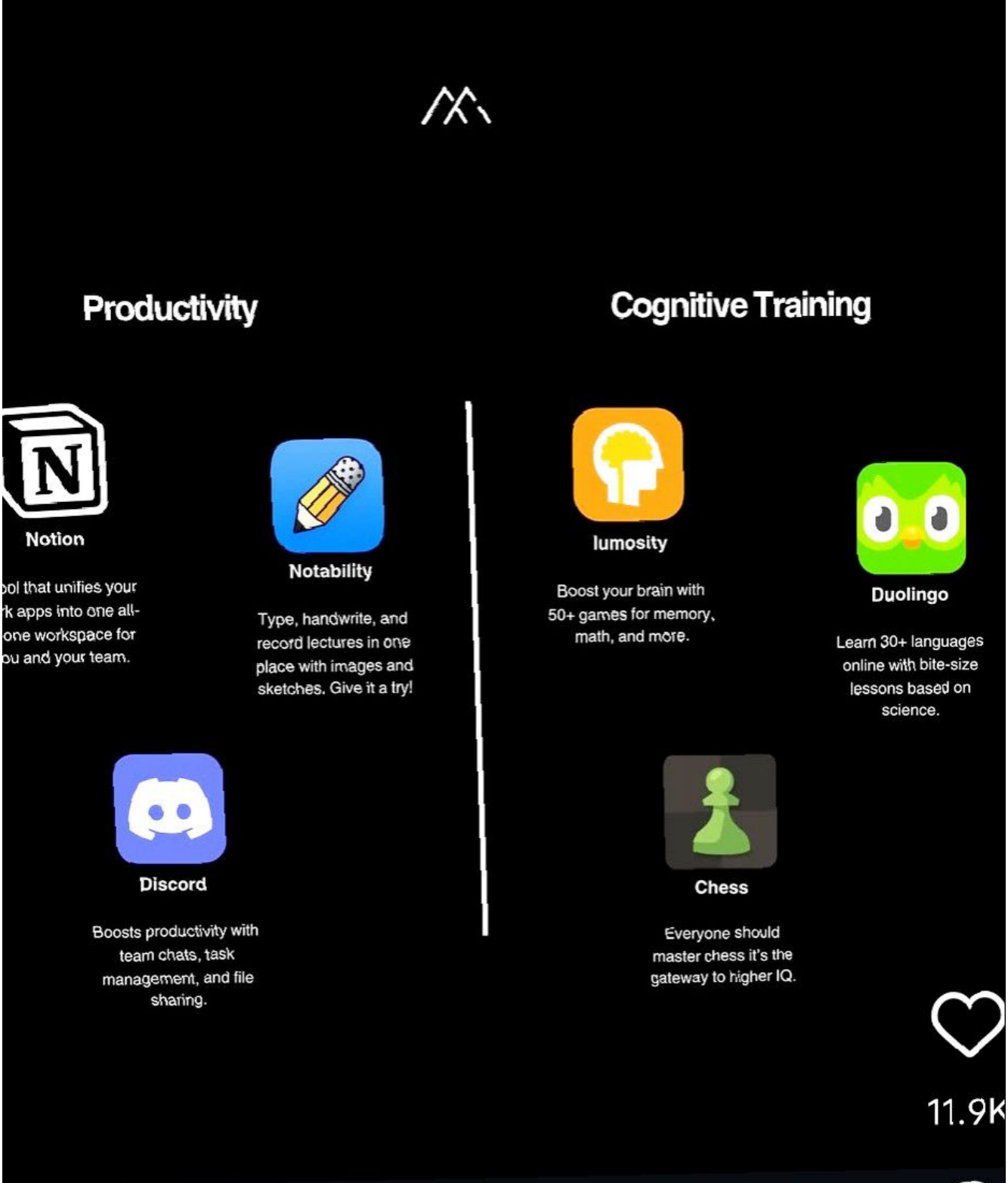
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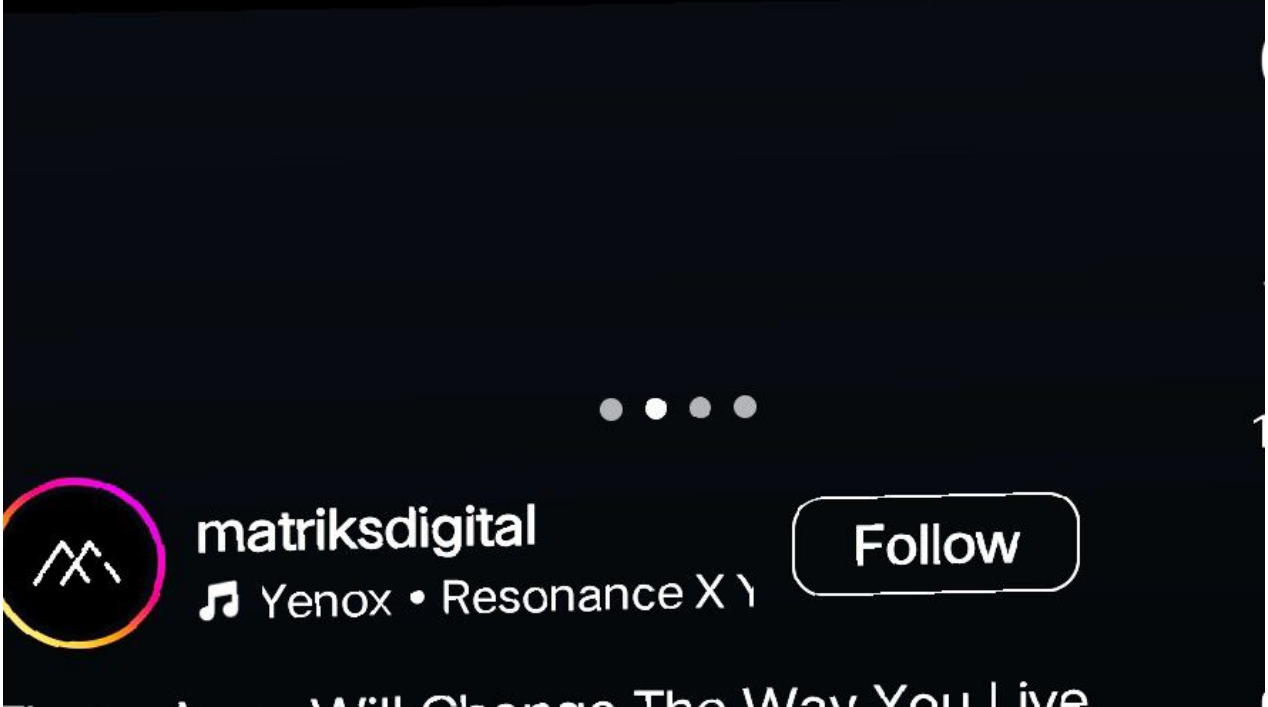
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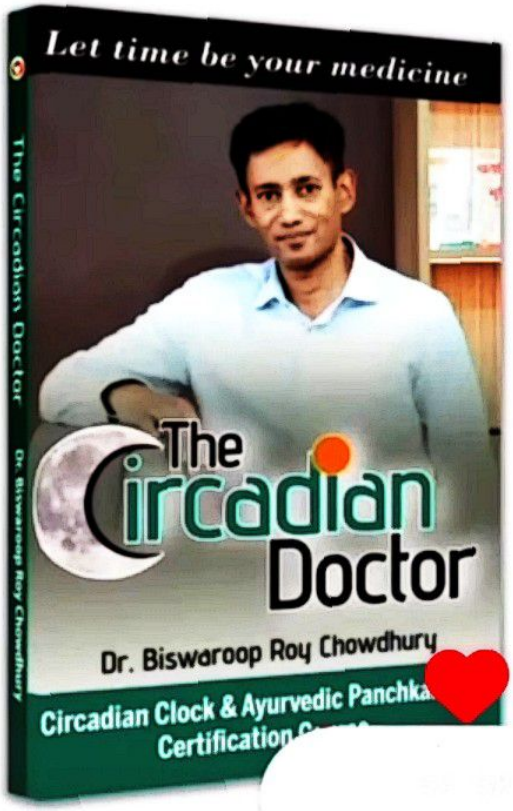

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suhana_daur 16w • ❤️

Shahrukh sir , besides being a great actor, is indeed a humble & down-to-earth person. I adore him whole-heartedly. 😍👏🔥🙌

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The MegaStar Mr.Rajesh Khanna Sir . 👍👍👍👍👍

Reply

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dikshantkshirsagar 16w

I totally don't agree with your thoughts. Superstar Rajesh Khanna is the all time Great Actor in Hindi film industry ❤️🫡

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Resume

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E-mail id =_____@gmail.com

Career Objective -

To take up a challenging career and grows wit honesty. Loyalty, good relationship best performance and translate my experience, knowledge, skills and abilities into value for an organization.

Personal details -

Father's Name - _____
Mother's Name - _____
Date of Birth - _____
Address - _____
Religion - _____
Gender - _____
Married Status - _____
Language Known - **English, Hindi**

Academic Qualification -

S. No	Class Course	Year	Board, University	Total MM	Total Mark	Percentage
1)	10th	2020	UP Board	600	499	83.16%
2)	12th	2022	UP Board	500	351	70.20%
3)						

Work Experience -

- **Fresher**

Strength & Hobby -

1. **Hard and smart working.**
2. **Good communication skills.**
3. **Honest and punctual.**
4. **Art, drawing,cricket and reading book.**
5. **My hobbies study.**

Declleration -

I do hereby declare that the statements meade is this document are true to the best of my knowledge and belief.

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Your Details

ABHA Number	91-3254-3215-5605
ABHA Address	mansikumari112016@abdm
Name	Mansi Kumari
DOB	14-Nov-2016
Gender	Female
Mobile	9162150186

You consent to the above information to be shared with hospital.They can use this information for your registration and linking health records.

CANCEL

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Let's Create ABHA Address

Access & share health records digitally with ABHA for

Create ABHA

mansikumari112016 @abdm

8-18 characters & alphabets only

Suggestions:

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- mansikumari111411
- mansi_2016142016
- mansi_14142016
- mansi_141411

Create ABHA (Health ID)

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भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India

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To
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PO- BAHIMAR,
PS-katkamsandi,
VTC: Sarugaru Kalan,
PO: Bahimar,
Sub District: Katkamsandi,
District: Hazaribagh,
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Children on attaining 15 years of age need to update Biometric information.

- आधार पहचान का प्रमाण है, नागरिकता या जन्मतिथि का नहीं ।
- इस आधार पत्र को यूआईडीएआई द्वारा नियुक्त प्रमाणीकरण एजेंसी के जरिए ऑनलाइन प्रमाणीकरण के द्वारा सत्यापित किया जाना चाहिए या ऐप स्टोर में उपलब्ध एमआधार या आधार क्यूआर कोड स्कैनर ऐप से क्यूआर कोड को स्कैन करके या www.uidai.gov.in. पर उपलब्ध सुरक्षित क्यूआर कोड रीडर का उपयोग करके सत्यापित किया जाना चाहिए ।
- आधार विशिष्ट और सुरक्षित है ।
- पहचान और पते के समर्थन में दस्तावेजों को आधार के लिए नामांकन की तारीख से प्रत्येक 10 वर्ष में कम से कम एक बार आधार में अपडेट कराना चाहिए ।
- आधार विभिन्न सरकारी और गैर-सरकारी फायदों/सेवाओं का लाभ लेने में सहायता करता है ।
- आधार में अपना मोबाइल नंबर और ईमेल आईडी अपडेट रखें ।
- आधार सेवाओं का लाभ लेने के लिए एमआधार ऐप डाउनलोड करें ।
- आधार/बॉयोमेट्रिक्स का उपयोग न करने के समय सुरक्षा सुनिश्चित करने के लिए आधार/बॉयोमेट्रिक्स लॉक/अनलॉक सुविधा का उपयोग करें।
- आधार की मांग करने वाले सहमति लेने के लिए बाध्य हैं।
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आधार

Aadhaar no. issued: 19/05/2023

मानसी कुमारी
Mansi Kumari
जन्म तिथि/DOB: 2016
महिला/ FEMALE

आधार पहचान का प्रमाण है, नागरिकता या जन्मतिथि का नहीं ।
इसका उपयोग सत्यापन (ऑनलाइन प्रमाणीकरण, या क्यूआर कोड/ ऑफ़लाइन एक्सएमएल की स्कैनिंग) के साथ किया जाना चाहिए ।
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Details as on : 25/11/2024

पता:
द्वारा: राज कुमार राम, पो बहिमर, थाना-कटकमसाडी, सरुगारू कलां, बहिमर, हजारीबाग, झारखण्ड - 825319

Address:
C/O: Raj Kumar Ram, PO- BAHIMAR, PS-katkamsandi, Sarugaru Kalan, PO: Bahimar, DIST: Hazaribagh, Jharkhand - 825319

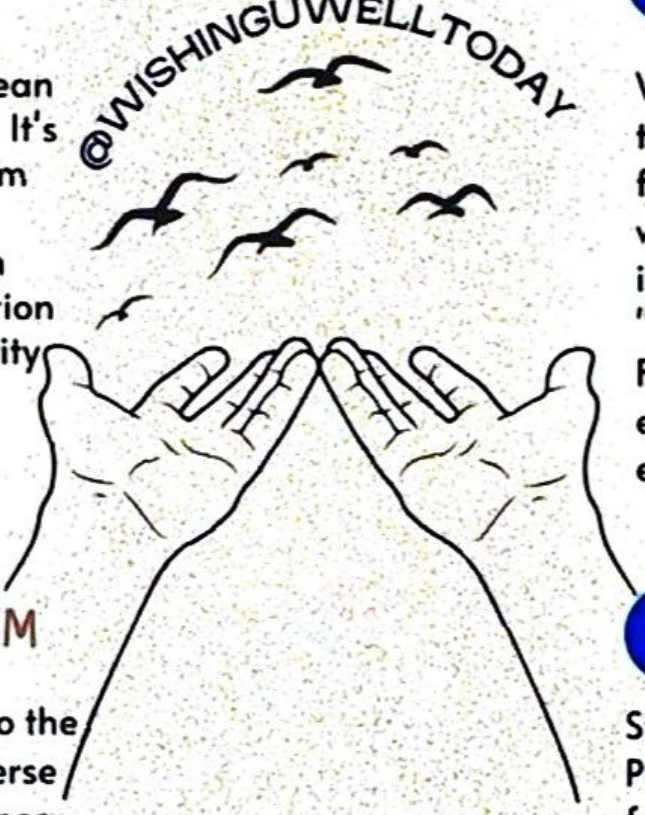
4192 2832 8138

VID : 9191 7008 4530 0205

THE LAWS OF DETACHMENT

1 AWARENESS

Detachment doesn't mean forgetting or giving up. It's freeing your energy from being drained by obsessively focusing on the outcome. Desperation energy clouds your clarity & energy from being in receiving mode.



2 MAKING ROOM

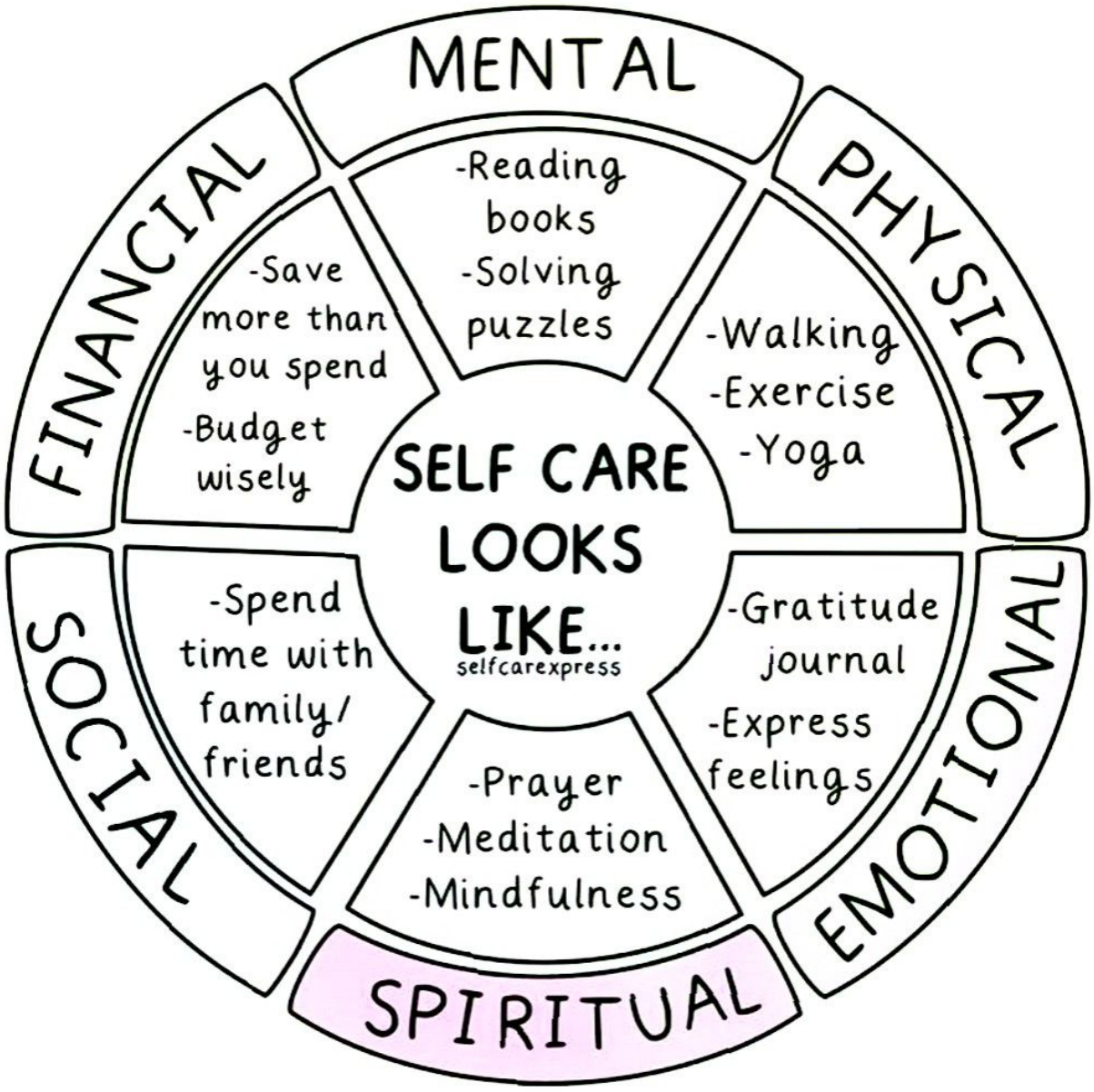
Surrender your plans to the Universe.Give the universe space to work. Sometimes what you want isn't what you need. Try your best, but also make room for what is in your highest and best interest.

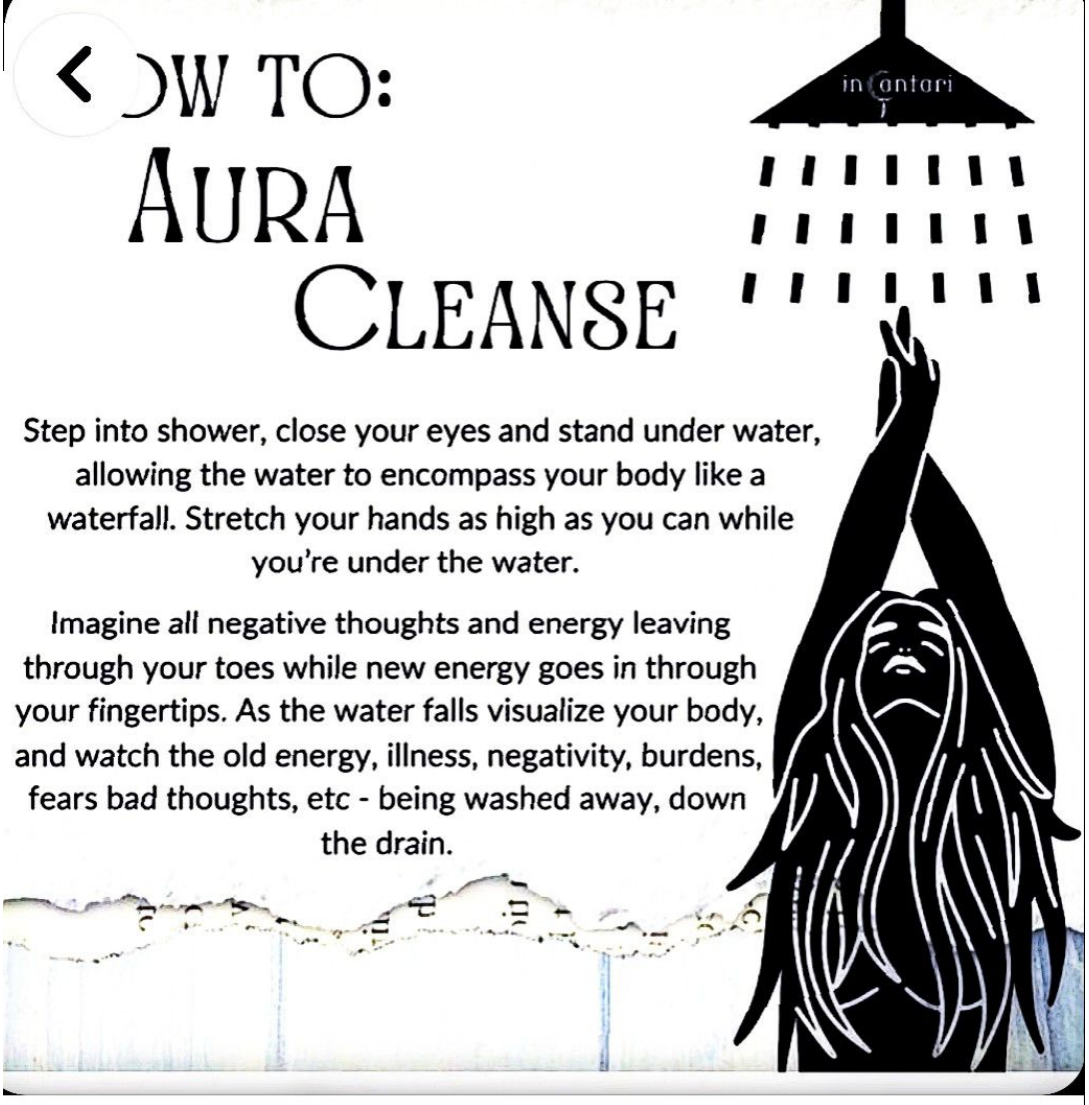
3 LETTING GO

What we desperately cling to or chase after, is repelled from us because we come with the main energy and intention of "lack" , "scarcity" rooted in "fear". Fear is a low vibrational energy that slows everything down.

4 STAY GROUNDED

Stay grounded in your why. Place your energy on the feeling & expecting the highest good to manifest before the outcome.This keeps your energy grounded in confident energy versus needy energy.


MENTAL
PHYSICAL
EMOTIONAL
SPIRITUAL
SOCIAL
FINANCIAL
-Reading books
-Solving puzzles
-Walking
-Exercise
-Yoga
-Gratitude journal
-Express feelings
-Prayer
-Meditation
-Mindfulness
-Spend time with family/ friends
-Save more than you spend
-Budget wisely
SELF CARE LOOKS LIKE...
selfcarexpress


OW TO:
AURA
CLEANSE
Step into shower, close your eyes and stand under water, allowing the water to encompass your body like a waterfall. Stretch your hands as high as you can while you're under the water.
Imagine all negative thoughts and energy leaving through your toes while new energy goes in through your fingertips. As the water falls visualize your body, and watch the old energy, illness, negativity, burdens, fears bad thoughts, etc - being washed away, down the drain.

1.4k 42 Save

Gulara's Selfcare Blog

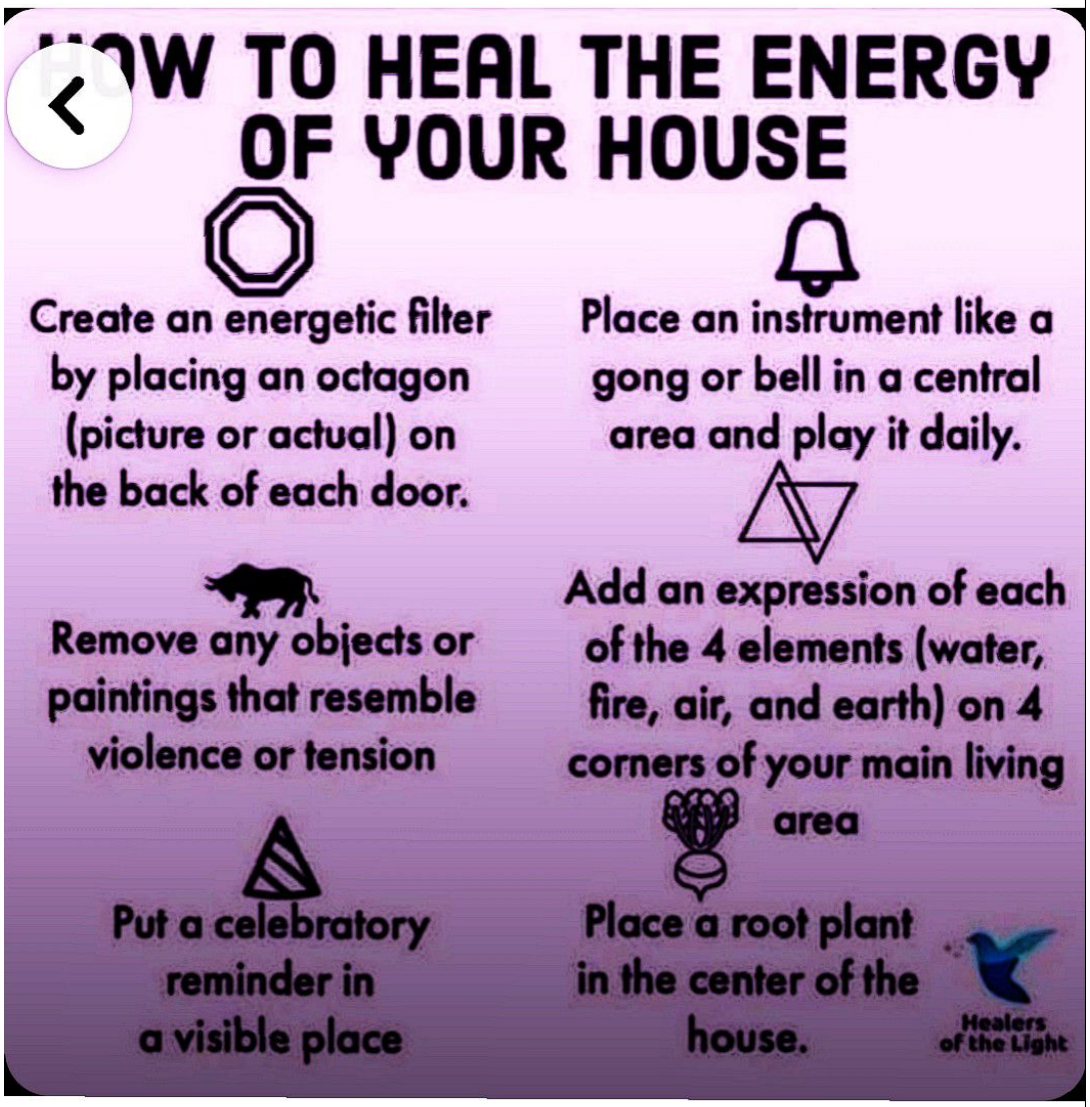
Aura

42 comments

A what if you're so tall your hand passed the shower 😭😂😂... view all

Add a comment

More to explore


HOW TO HEAL THE ENERGY OF YOUR HOUSE
Create an energetic filter by placing an octagon (picture or actual) on the back of each door.
Place an instrument like a gong or bell in a central area and play it daily.
Remove any objects or paintings that resemble violence or tension
Add an expression of each of the 4 elements (water, fire, air, and earth) on 4 corners of your main living area
Put a celebratory reminder in a visible place
Place a root plant in the center of the house.
Healers of the Light

244 3 Save

Janie Baldonado

How to heal the energy of your house

3 comments

Love it! ❤️... view all

Add a comment

More to explore

Soul Retrieval Exercise

MIND | BODY | SPIRIT

Self-care for each piece of you

Here are ideas for healing and caring for yourself to get the most out of your magic later, based on the three aspects of self.

Your Mind

Your mind sets the stage for your ability to heal and manifest during your magical practice. It is the ruler of your magic.

- mindset
- belief systems
- ethics
- internal biases
- emotional boundaries
- trauma healing

Your Body

Your body, and all its parts, is the one tool you always carry with you to make magic. Your body is your most powerful asset.

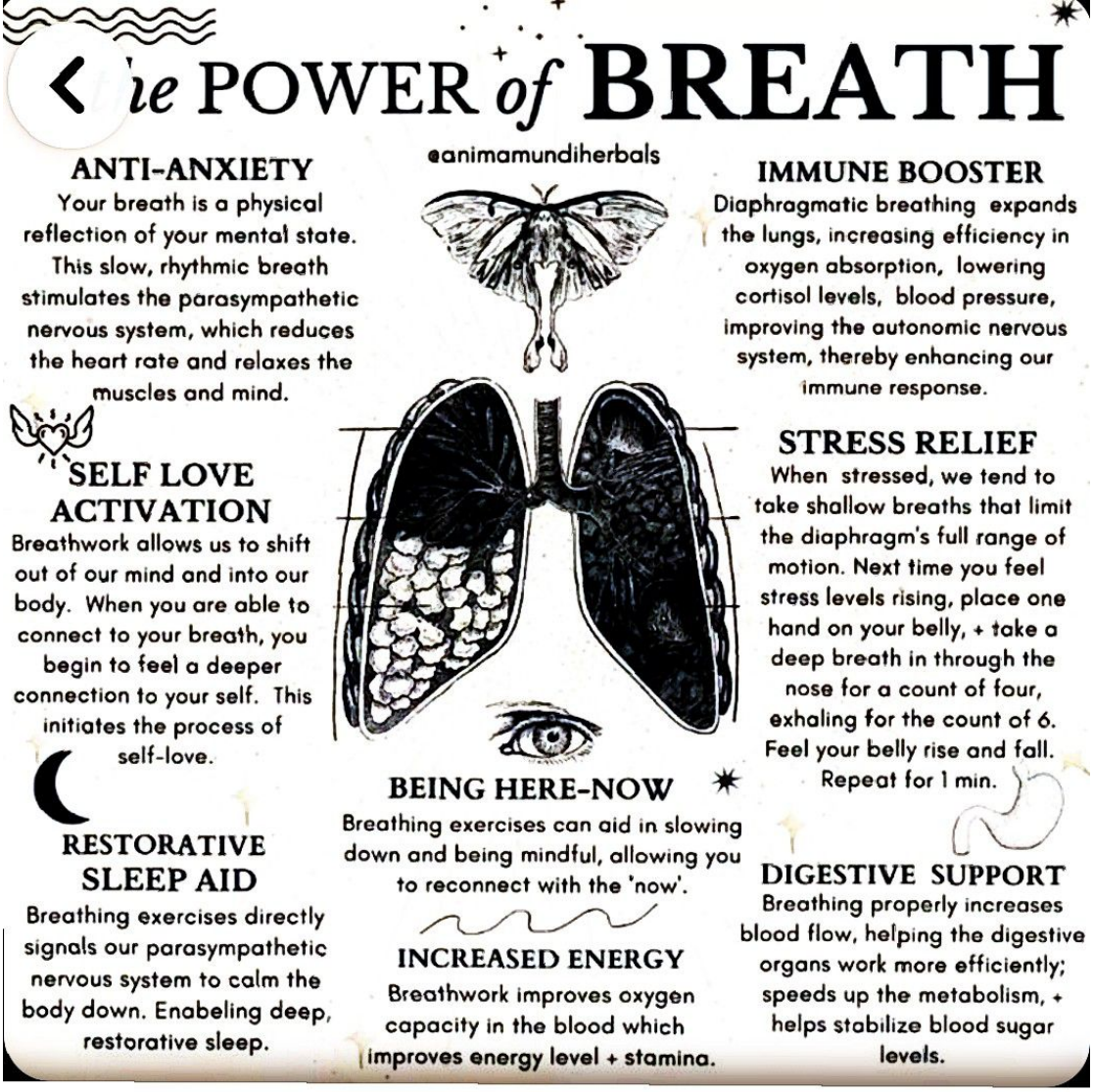
- physical boundaries
- body image
- nutrition
- movement
- medicine
- sleep

Your Spirit

Your spirit is the visceral, instinctual part of yourself–the piece that connects to other living beings. Your humanity and your soul.

- identity
- higher-self
- ancestral healing
- re-wilding
- creativity
- source connection

Learn more about spiritual self-care and what it means to be a Beauty Witch at:
www.vellamour.com


ie POWER of BREATH
@animamundiherbals
ANTI-ANXIETY
Your breath is a physical reflection of your mental state. This slow, rhythmic breath stimulates the parasympathetic nervous system, which reduces the heart rate and relaxes the muscles and mind.
IMMUNE BOOSTER
Diaphragmatic breathing expands the lungs, increasing efficiency in oxygen absorption, lowering cortisol levels, blood pressure, improving the autonomic nervous system, thereby enhancing our immune response.
SELF LOVE ACTIVATION
Breathwork allows us to shift out of our mind and into our body. When you are able to connect to your breath, you begin to feel a deeper connection to your self. This initiates the process of self-love.
STRESS RELIEF
When stressed, we tend to take shallow breaths that limit the diaphragm's full range of motion. Next time you feel stress levels rising, place one hand on your belly, + take a deep breath in through the nose for a count of four, exhaling for the count of 6. Feel your belly rise and fall. Repeat for 1 min.
BEING HERE-NOW
Breathing exercises can aid in slowing down and being mindful, allowing you to reconnect with the 'now'.
RESTORATIVE SLEEP AID
Breathing exercises directly signals our parasympathetic nervous system to calm the body down. Enabeling deep, restorative sleep.
INCREASED ENERGY
Breathwork improves oxygen capacity in the blood which improves energy level + stamina.
DIGESTIVE SUPPORT
Breathing properly increases blood flow, helping the digestive organs work more efficiently; speeds up the metabolism, + helps stabilize blood sugar levels.

53 Save

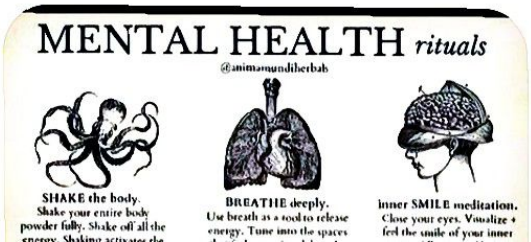
kels_joy

After losing my hair I didn't realize ho...

What do you think?

Add a comment

More to explore

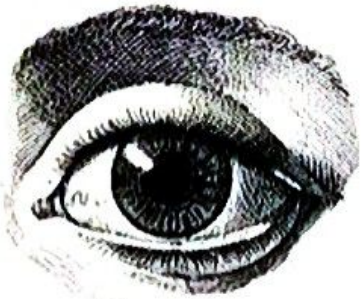


How *to* Reprogram *the* Subconscious

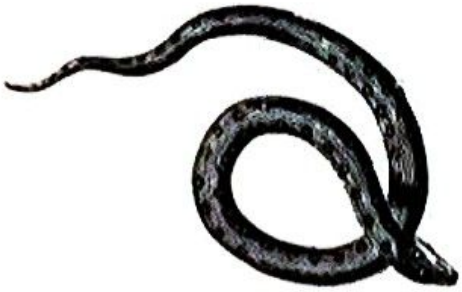
MIND

@animamundiherbals

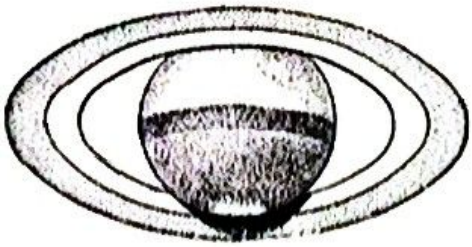
Make Clear Decisions
Don't allow overthinking to overrule your mental process. Feel, choose, and carry on.



Visualize
Creatively envision your dreams with empowering images and feelings.

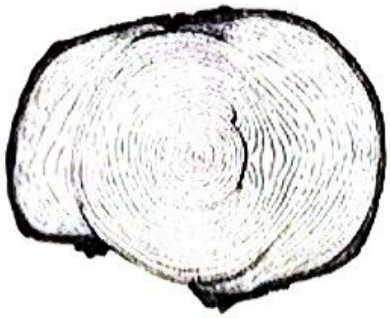


Embrace the Unknown
Abolish expectations and overthinking. Feel, choose, transmute, and carry on.



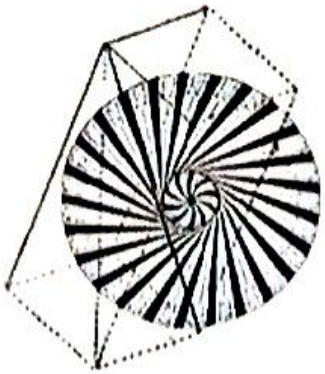
Unfocusing
Zooming out and resting signals mental downtime + ignites neuroplasticity.

Create Art
Music and art establish new pathways and strengthen existing synaptic connections.

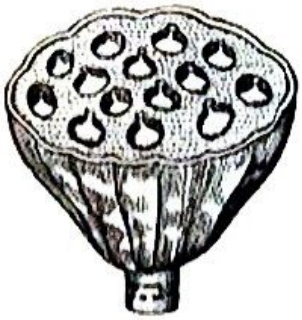


Repetition + Affirmations
Empowered repetition is key for strengthening new neural pathways.

New Experiences
Taking risks, learning new information and creating new memories increases cognitive flexibility + new neural pathways.



Heart-Centered
Gratitude, love and joy expand energy; rewiring the brain to notice what you *have* and less of what you don't.



Seed New Beliefs
Notice limiting beliefs, and seed new ones; this very practice strengthens new neural pathways.

HOW TO MONETIZE A NICHE

© YoungHstlrs

UILD A SALES FUNNEL

CREATE AN IG PAGE

SELL AFFILIATE PRODUCTS

MONETIZE YOUR YOUTUBE VIDEOS

ET UP A BLOG

CREATE A PRINT ON DEMAND STORE

EXAMPLE: FITNESS

1. EXPOSURE & TRAFFIC

2. THE RIGHT PRODUCT

REATE A WEBSITE

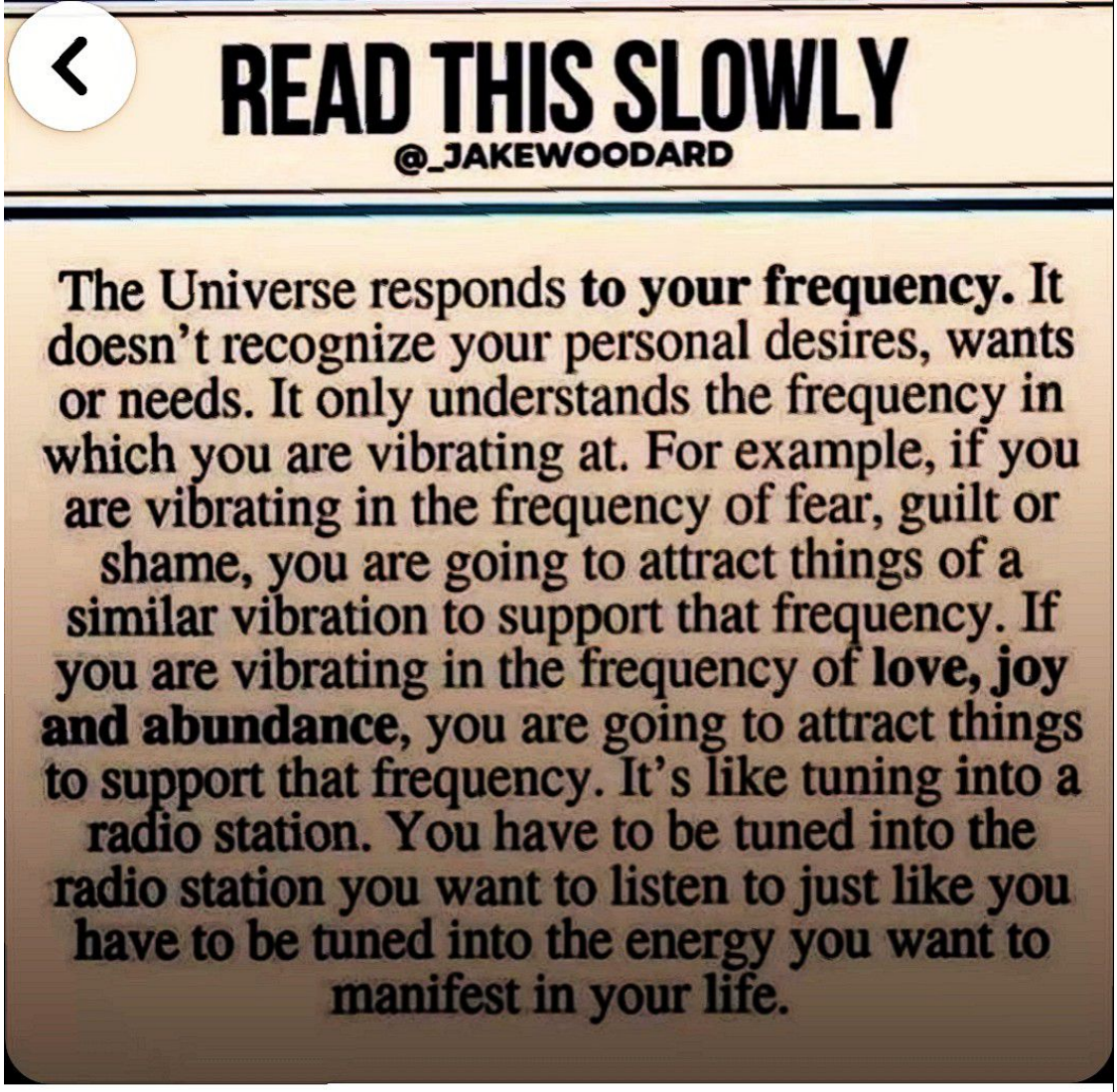
BECOME A PERSONAL TRAINER

CREATE A YOUTUBE CHANNEL

START A FACEBOOK PAGE

SELL DIET PLANS

SELL AN ONLINE COURSE


READ THIS SLOWLY
@_JAKEWOODARD
The Universe responds to your frequency. It doesn't recognize your personal desires, wants or needs. It only understands the frequency in which you are vibrating at. For example, if you are vibrating in the frequency of fear, guilt or shame, you are going to attract things of a similar vibration to support that frequency. If you are vibrating in the frequency of love, joy and abundance, you are going to attract things to support that frequency. It's like tuning into a radio station. You have to be tuned into the radio station you want to listen to just like you have to be tuned into the energy you want to manifest in your life.

321 11 Save

N Nigah Oden

The universe gives you what you focu...

11 comments

The universe may not know our needs and the desires of our hearts, but Go... view all

Add a comment

More to explore

hings I Know At 31 That I Wish I Knew At 21:

early as you can

Do I regret partying in my 20s?

Not at all.

Those memories were worth a few thousand brain cells.

However, I would emphasize:
- 8 hours of quality sleep
- Less processed foods
- Lifting 3X per week
- Skin care routine

2. Anger and resentment are poison

"Holding onto anger is like drinking poison and expecting the other person to die."

—Buddha

Anger will wear you out physically and mentally.

Forgive and forget.
Not for them, but for you.

3. Power is found in simple actions

8 hours of sleep + 4 hours of deep work + 45 minutes of exercise + 30 minutes of reading + 30 minutes of sunlight + 1 really good cup of coffee

= The formula to become superhuman

4. What you do daily will ultimately determine who you become

It's weird to think of a time when I wasn't aware of the power of daily habits.

Nearly everything in life compounds over time. Positive habits, and negative ones.

Your habits are the silent architects of your life.

5. You're allowed to be happy now

I used to think happiness was a destination. One I would reach when I had accomplished some arbitrary set of goals.

I understand now that it's a journey we embar on each and every day.

happy days --> happy months --> happy life

6. You don't have to have it all figured out

"Who am I?"
"What's my purpose?"
"Am I working the right job?"

These questions kept me up at night more times than I could count.

The reality is everyone's winging it.

Do your best, but don't be so hard on yourself.

7. Surround yourself with people who are better than you

"If you're the smartest person in the room, you're in the wrong room."

However you want to look at it, the people who surround you have a huge impact on your life.

Advantage or disadvantage, it's your choice.

Finances:

- Open Business Banking Account
- Create a PayPal Account
- Create Order Management System
- Purchase Mobile POS System

•••

10 Industries That Can Make You $ RICH $

1. **Real Estate**
   Why? Profitable through property appreciation, rental income, and development projects.
2. **Technology**
   Why? Rapid innovation and scalability in software, hardware, and digital services.
3. **Finance and Investments**
   Why? High returns from banking, investment firms, hedge funds, and financial advisory services.
4. **Healthcare**
   Why? Growing demand for medical services, pharmaceuticals, biotechnology, and health insurance.
5. **Energy**
   Why? Profits from oil, gas, renewable energy sources, and energy infrastructure.
6. **Consumer Goods**
   Why? Large market for essential and luxury products, including food, clothing, and electronics.
7. **Entertainment and Media**
   Why? Revenue from movies, music, sports, gaming, and digital content platforms.
8. **Manufacturing**
   Why? Profits from producing and selling a wide range of goods, from automobiles to electronics.
9. **Retail and E-commerce**
   Why? High sales potential from traditional retail, online stores, and marketplace platforms.
10. **Telecommunications**
    Why? Continuous demand for connectivity services, mobile communications, and data solutions.

•••

0:10

SCHOOL WON'T TEACH YOU THIS

Linear income vs Residual income

Employee	Business owner
100% × 1 = Income	1% × 100 = Income
You × Job = Income	You × People = Income
You have a job	You own a system & people work for you
Time = $$$	People = $$
No Leverage	Leverage
Self Employed	**Investor**
You own a job	Money works for you
Time = $$$	$$ = $$
No Leverage	Passive income
Trading time for money starting Over everyday at zero.	Income not dependent on your presence

E B S I

•••

@financerdiaries

0:10

21 SKILLS THAT WILL PAY YOU FOREVER

1. ABILITY TO SELL AND NEGOTIATE.
2. ABILITY TO CONVEY WHAT YOU THINK AND FEEL.
3. ABILITY TO BREAK DOWN A PROCESS INTO SMALLER STEPS.
4. ABILITY TO SHUT UP , LISTEN AND LEARN FROM OTHERS.
5. ABILITY TO ADABT , IMPROVISE AND OVERCOME OBSTACLES .
6. ABILITY TO READ , UNDERSTAND AND MEMORIZE.
7. ABILITY TO WALK AWAY.
8. ABILITY TO MANAGE TIME EFFECTIVELY.
9. ABILITY TO STAY POSITIVE AND OPTIMISTIC
10. ABILITY TO MAKE DECISIONS BASED ON FACTS NOT BASED ON EMOTIONS
11. ABILITY TO SPEAK INFRONT OF LARGE AUDIENCE
12. ABILITY TO KEEP TRYING EVEN AFTER FAILURES
13. ABILITY TO INVEST MONEY ON OWN.
14. ABILITY TO DO THINGS IRRESPECTIVE OF SITUATION.
15. ABILITY TO SELF - ANAYLISIS .
16. ABILITY TO LEARN HOW TO LEARN.
17. ABILITY TO UNDESRSTAND WHAT OTHER FEELS.
18. ABILITY TO REMAIN CONSISTENT.
19. ABILITY TO MASTER YOUR THOUGHTS
20. ABILITY TO WRITE WORDS TO PERSUADE AND INFLUENCE OTHERS
21. ABILITY TO ASK HELP

•••

7 Things I Know At 31 That I Wish I Knew At 21:

1. Take care of your health as early as you can

Do I regret partying in my 20s?

Not at all.

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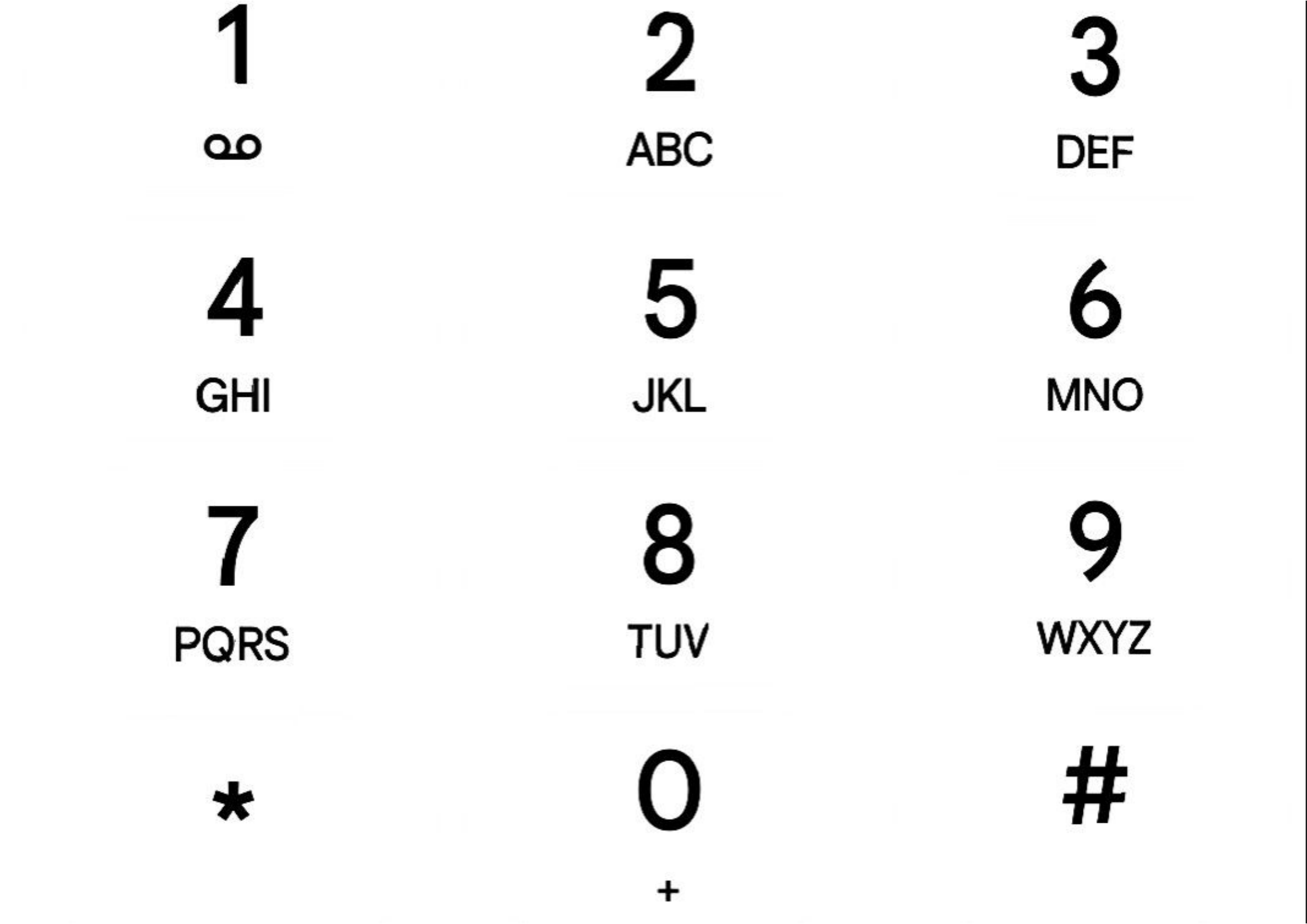
•••

Now listen in
your language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WXYZ
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Comments 88

Translate to English

3

1 reply

@Khulasa446 • 4d ago

Can we wear winter cap "topa" does it causes hair fall and dandruff I m suffering from sebrocic dermatitis

@mathematicssolutions5775 • 2d ago

I have ketostar anti dandruff lotion

@Lonewolf55342 • 1mo ago

Whether this is Helpful for psoriasis caused

Add a comment...

100ml
Ketoconazole With ZPTO Shampoo
ANTI-DANDRUFF SHAMPOO
Dr. AG's
SUR-KLEAN
Dermatologically tested
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• PREVENTS HAIRFALL
• PREVENTS ITCHING, FLAKING AND SCALING
• HAIR CONDITIONING
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druff के लिए, Best antidandruff
mpoo. 100% result, no side effects ...

"Laziness kills ambition
Anger kills wisdom
Fear kills dreams
Ego kills growth
Jealousy kills peace
Doubt kills confidence

Now read that right to left."

-Unknown

@WEALTHY.OG

50 Youtube Ideas

. Unboxing
2. Tech & gadget reviews
3. Life hacks
4. Toplists
5. Fail compilations
6. Health &fitness tips
7. World of local news
8. Celeb gossips
9. Food and restraunts
10. Cooking ideas
11. Kitchen hacks
12. How to create videos
13. Prank & spoof
14. Makeup & beauty
15. Comic & superhero
16. Travel vlogging
17. Dash & security cams
18. Comedy
19. Fashion &style tips
20. Haircare & hairstyle videos
21. City tours
22. Horror videos
23. Sports
24. Parody
25. Trailer & movie reaction
26. Diy crafts
27. Sketching tutorials
28. Music tutorials
29. Dance tutorials
30. Baby videos
31. Pets & animals
32. Timelaps
33. Behind the scene videos
34. Investing tutorials
35. Cars & bike reviews
36. Gaming tutorials
37. Viral challenges
38. Educational videos
39. Reenact videos
40. Yoga tutorials
41. Design tools
42. Animated stories
43. Daily vlogging
44. Motivational videos
45. Gardening tips
46. lifestyle advice
47. Magic tricks
48. Destruction videos
49. Book reviews
50. Advertising tips

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"আপনার লোকেশন শেয়ার করুন অনায়াসে Hero ...

See translation

452,795 followers

6.7K 34 comments 212 share

Like Comment Send Share

Acne-prone skin

2025:

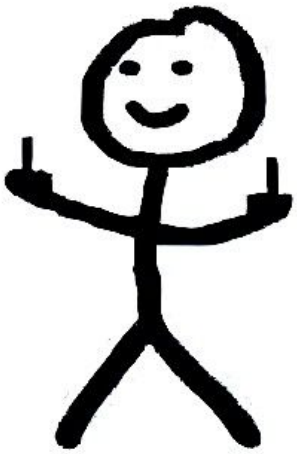
Don't spend another year doing the same shit.

@robdanceofficial

YOUNG

- TIME
- ENERGY
- MONEY

ME

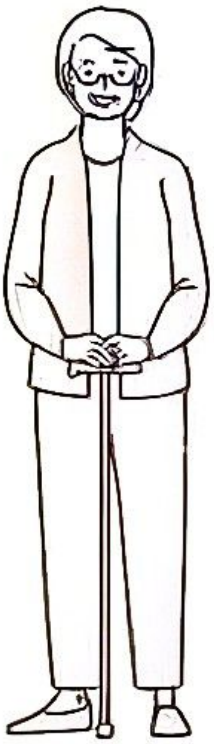


- TIME
- ENERGY
- MONEY

ADULT

- TIME
- ENERGY
- MONEY

OLD



- TIME
- ENERGY
- MONEY

10 15 131 1.2K

Succeeded Mind @SucceededMind · 14h

Marriage Advice from 1886

Let your love be stronger than your hate or anger.

Learn the wisdom of compromise, for it is better to bend a little than to break.

Believe the best rather than the worst.

People have a way of living up or down to your opinion of them.

Remember that true friendship is the basis for any lasting relationship. The person you choose to marry is deserving of the courtesies and kindnesses you bestow on your friends.

Please hand this down to your children and your children's children: The more things change the more they are the same.

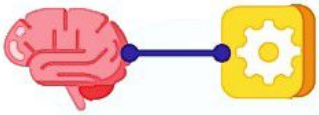
Jane Wells (1886)
Submitted by Carol Abbs

What are the benefits of bootcamps?

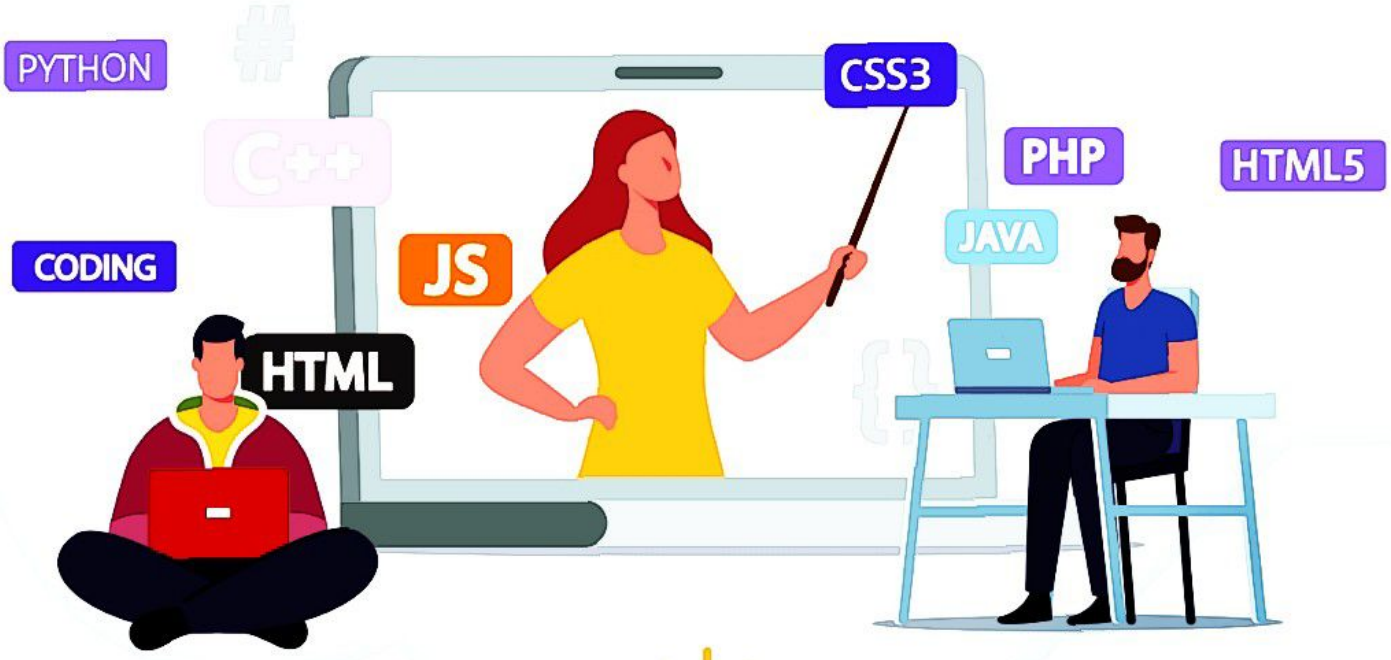
There are many advantages for professionals who would like to change career path through this type of intensive training course. Here are a few:

The chance to lay a solid foundation of software development skills in a short time.

Assimilating complex concepts in a practical way.



Creating direct and lasting cognitive connections between theory and practice which allow you to take action once the ideas have been assimilated.

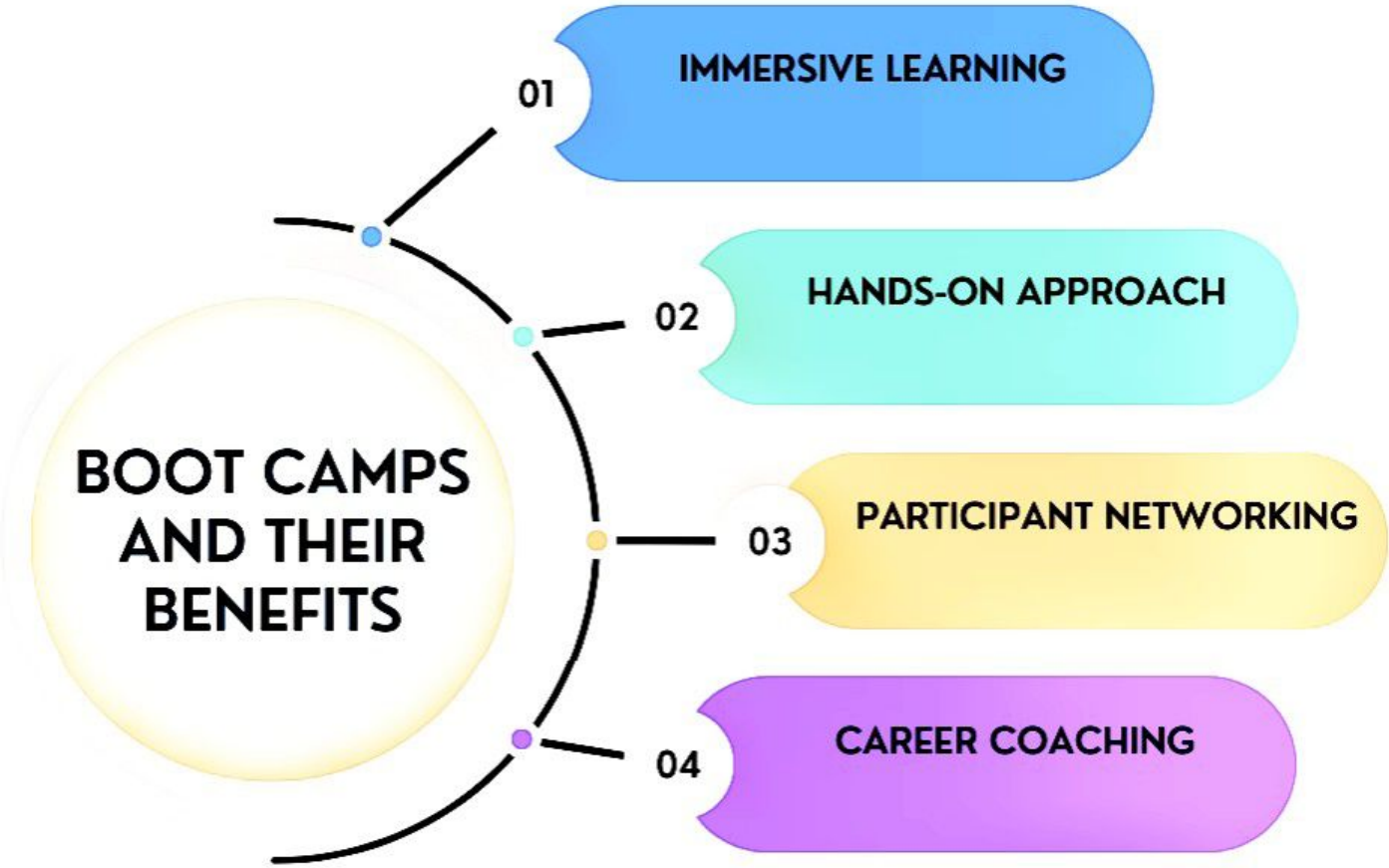


The ability to identify any potential problems that may arise thanks to the tailored and specific learning.

Developing soft skills: teamwork, decision making, problem solving, leadership, etc.

The chance to quickly secure a suitable job, pretty much guaranteed.

Moreover, a junior programmer's gross salary is around 17,000 to 23,000 euros per year, which at most companies in the sector, normally increases every 6 months.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See translation

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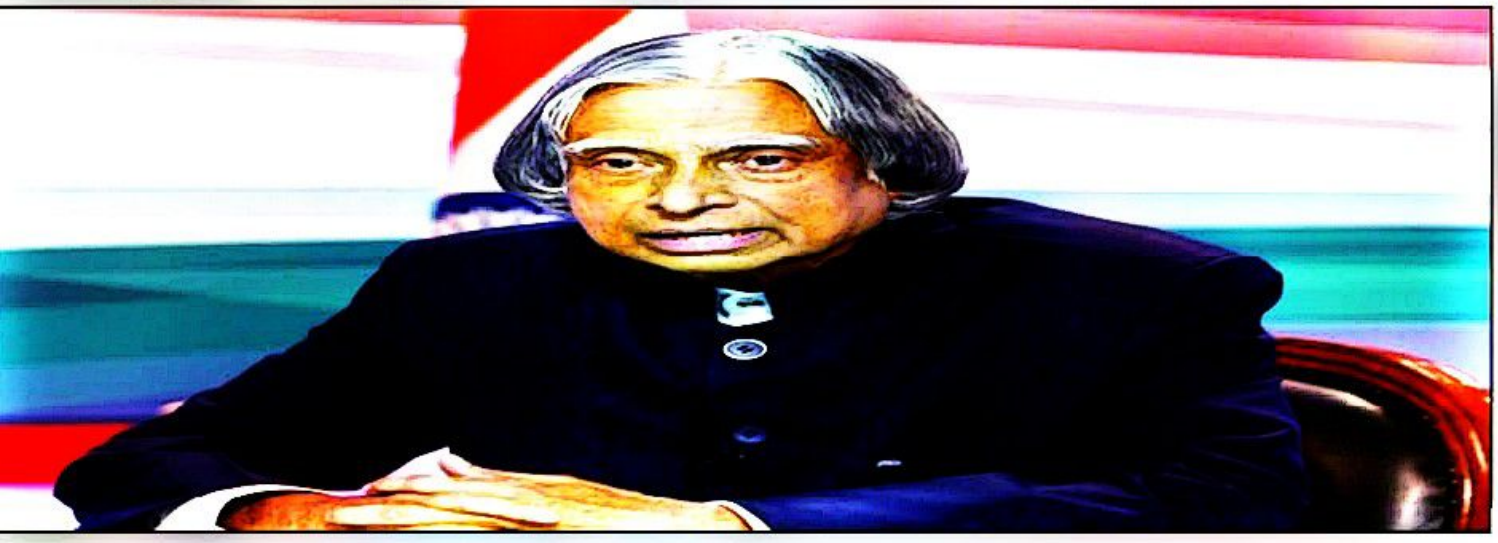
"अगर आपको डॉ. कलाम के विचार प्रेरणादायक लगे, तो इस पोस्ट को शेयर करें और हमें बताएं कि कौन सी सीख आपको सबसे ज्यादा पसंद आई। ❤️

"सूरज 5 अरब सालों से बिना रुके हमें प्रकाश और गर्मी दे रहा है।
क्या उसने कभी 'थैंक यू' मांगा?
आभार व्यक्त करना हमारे जीवन का हिस्सा होना चाहिए।

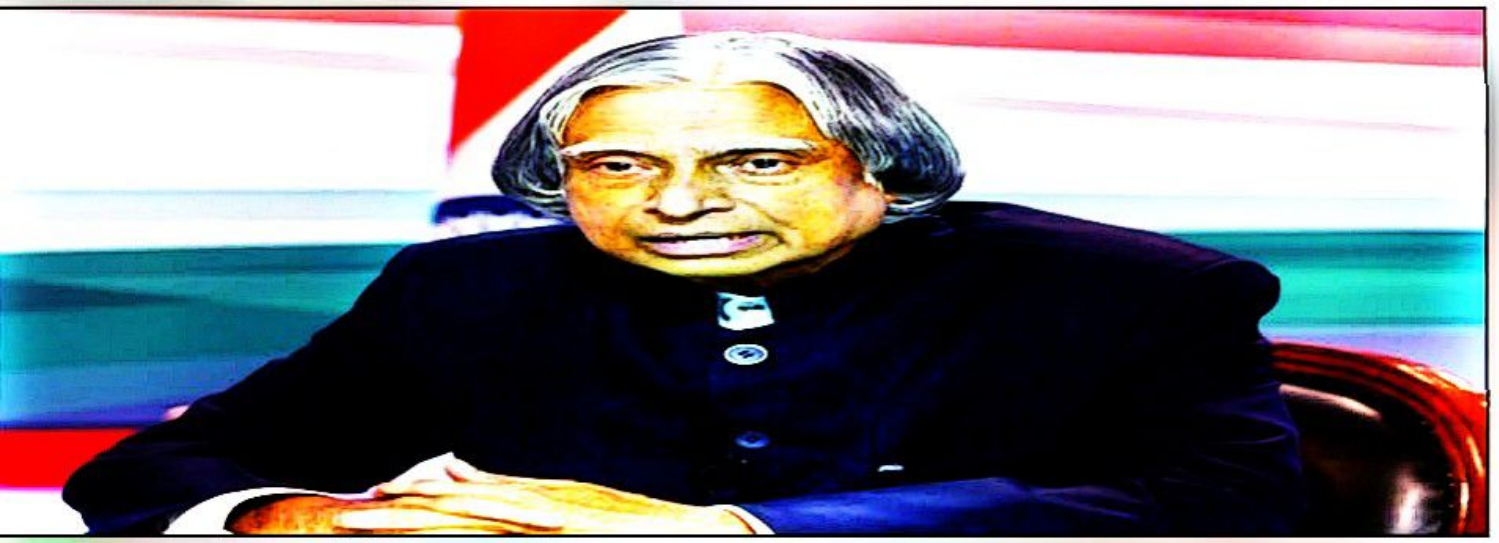


डॉ. कलाम का संदेश:

"विद्यार्थी होने के दौरान आपका उद्देश्य होना चाहिए पढ़ाई में श्रेष्ठता। साथ ही, छोटे-छोटे कदमों से समाज में बदलाव लाने की कोशिश करें, जैसे:

- पौधे लगाएं
- जरूरतमंद बच्चों को पढ़ाएं
- अस्पताल में मरीजों से मिलें।"

Like



कलाम का उपाय:

"अगर हर घर के बच्चे अपने माता-पिता को कहें कि वो करप्शन का पैसा नहीं लेंगे, तो आधा करप्शन खत्म हो जाएगा। हिम्मत करो, बदलाव लाओ!"

भारत की सबसे बड़ी ताकत 👉 उसके युवा।
"युवाओं का प्रज्वलित मन दुनिया की सबसे शक्तिशाली चीज़ है।"

भारत की कमजोरी 👉 मिशन की कमी।
"बिना मिशन के, एक राष्ट्र और एक इंसान, दोनों कमजोर हो जाते हैं।"

सफलता पाने के लिए इन 4 नियमों को अपनाएं:

- महान लक्ष्य बनाएं।
- निरंतर ज्ञान प्राप्त करें।
- कठोर मेहनत करें।
- दृढ़ निश्चय रखें।

डॉ. कलाम कहते हैं, "ये चार नियम ही सफलता की कुंजी हैं।"

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श हर
Student

सफलता पाने के लिए इन 4 नियमों को अपनाएं:

- महान लक्ष्य बनाएं।
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डॉ. कलाम कहते हैं, "ये चार नियम ही सफलता की कुंजी हैं।"

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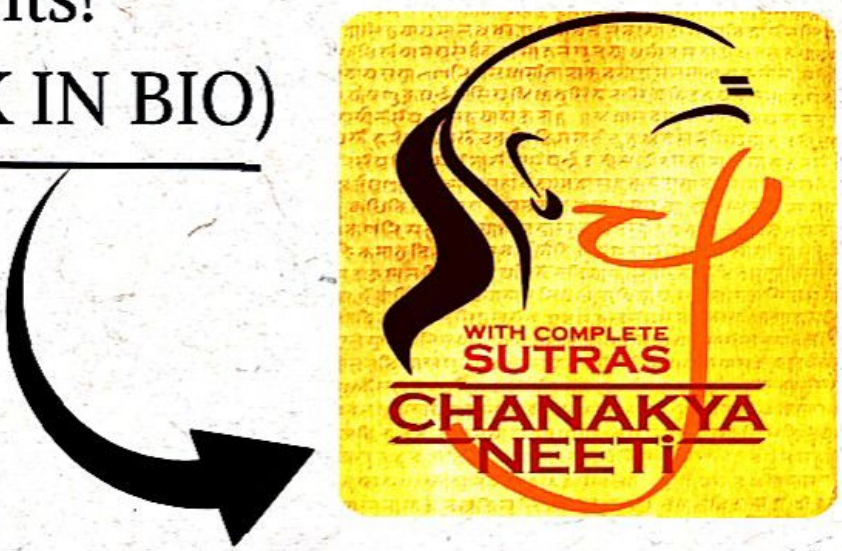


28

6.
Choose your friends wisely

The fastest way to become better is to surround yourself with better people.

5.
Stop telling people everything

Most people don't care, and some secretly want you to fail.

4.

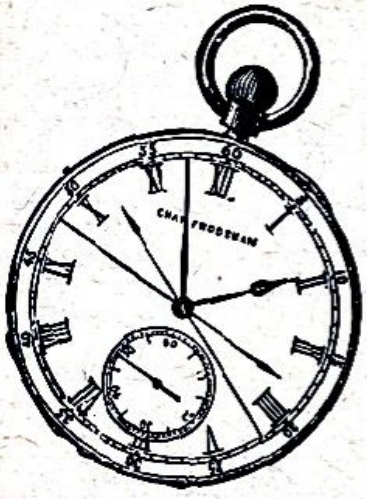
Learn to react less

When you control your reaction, nobody can manipulate you.

3.

Do your best and trust the process

The harder you work, the luckier you will get.



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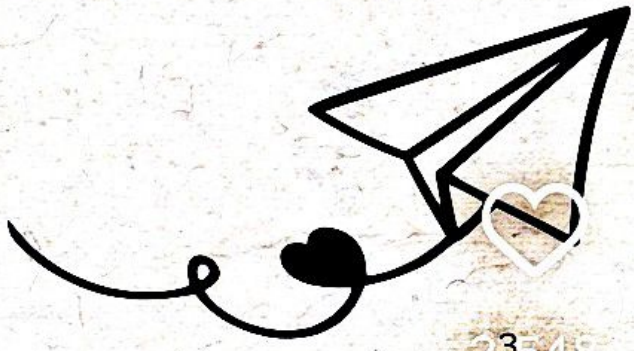
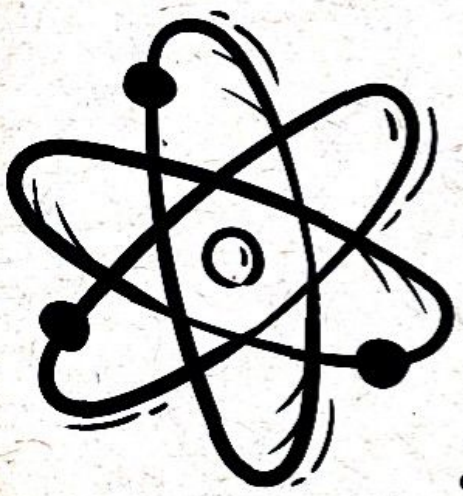
2.
Expect nothing, appreciate everything

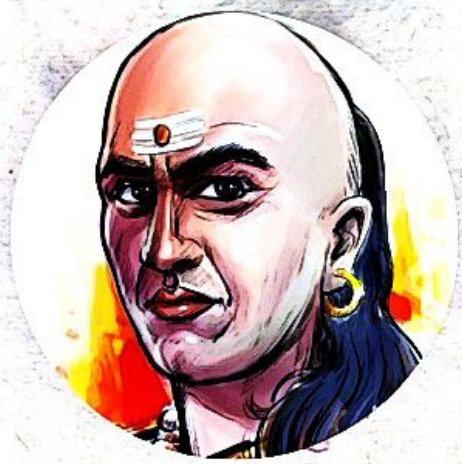
Be grateful for the little things in your life to find inner peace.



1.
Control yourself, not others

Controlling others is strength.
Controlling yourself is true power.





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RECOMMENDED
FOR SENSITIVE SKIN
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Moisturising Lotion
Normal to Combination, Sensitive Skin
Instantly soothes and protects skin
from dryness for 48 hours
Avocado Oil,
Essential Vitamins E & B3 and
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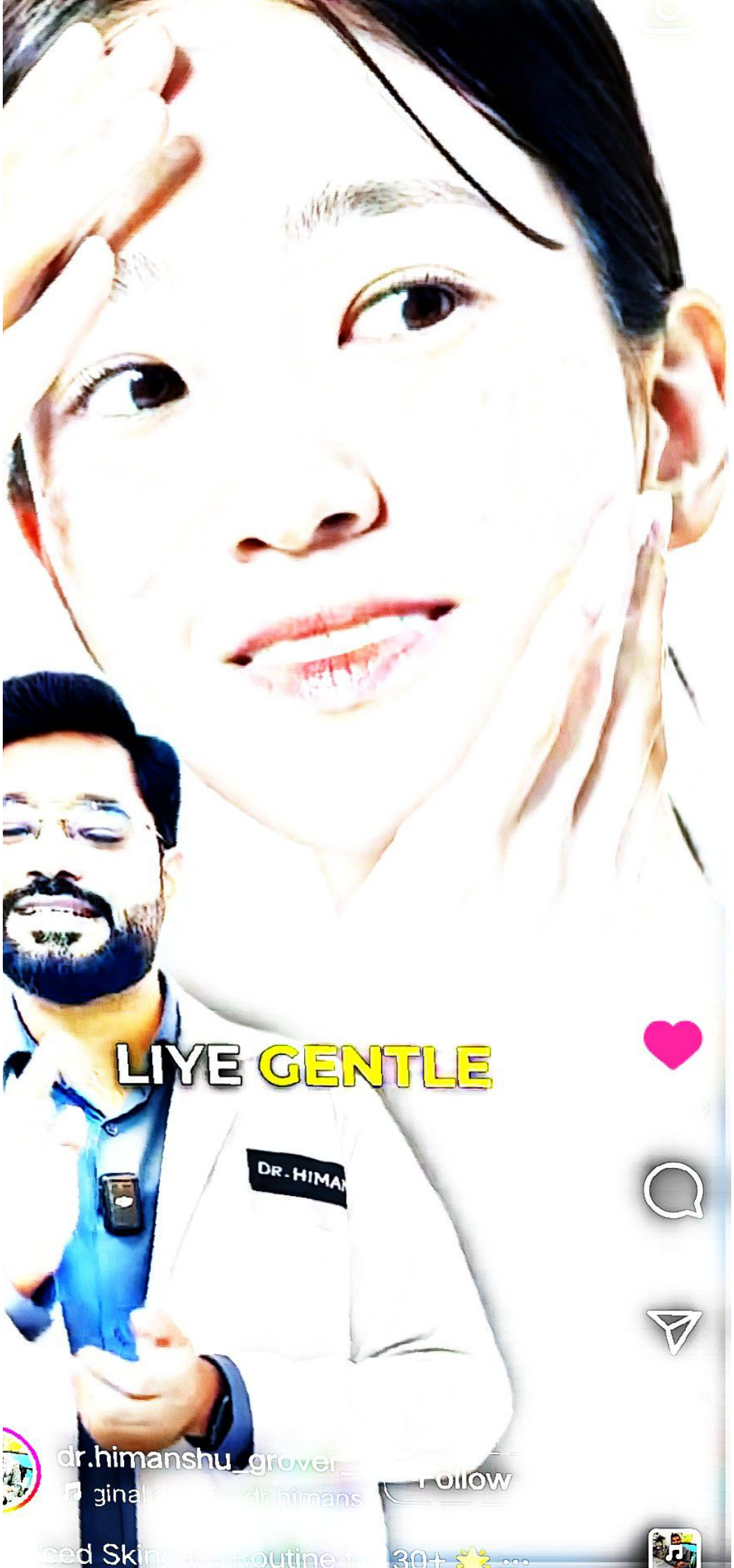
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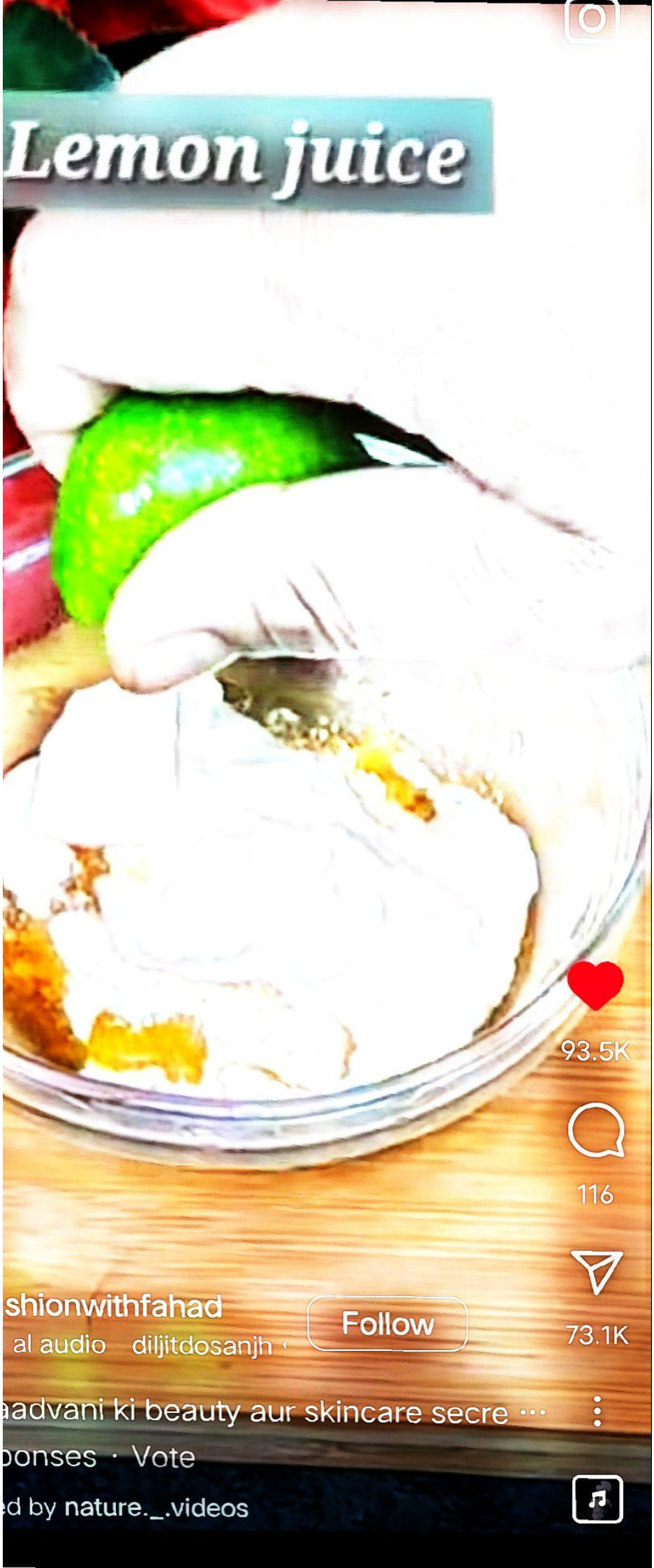
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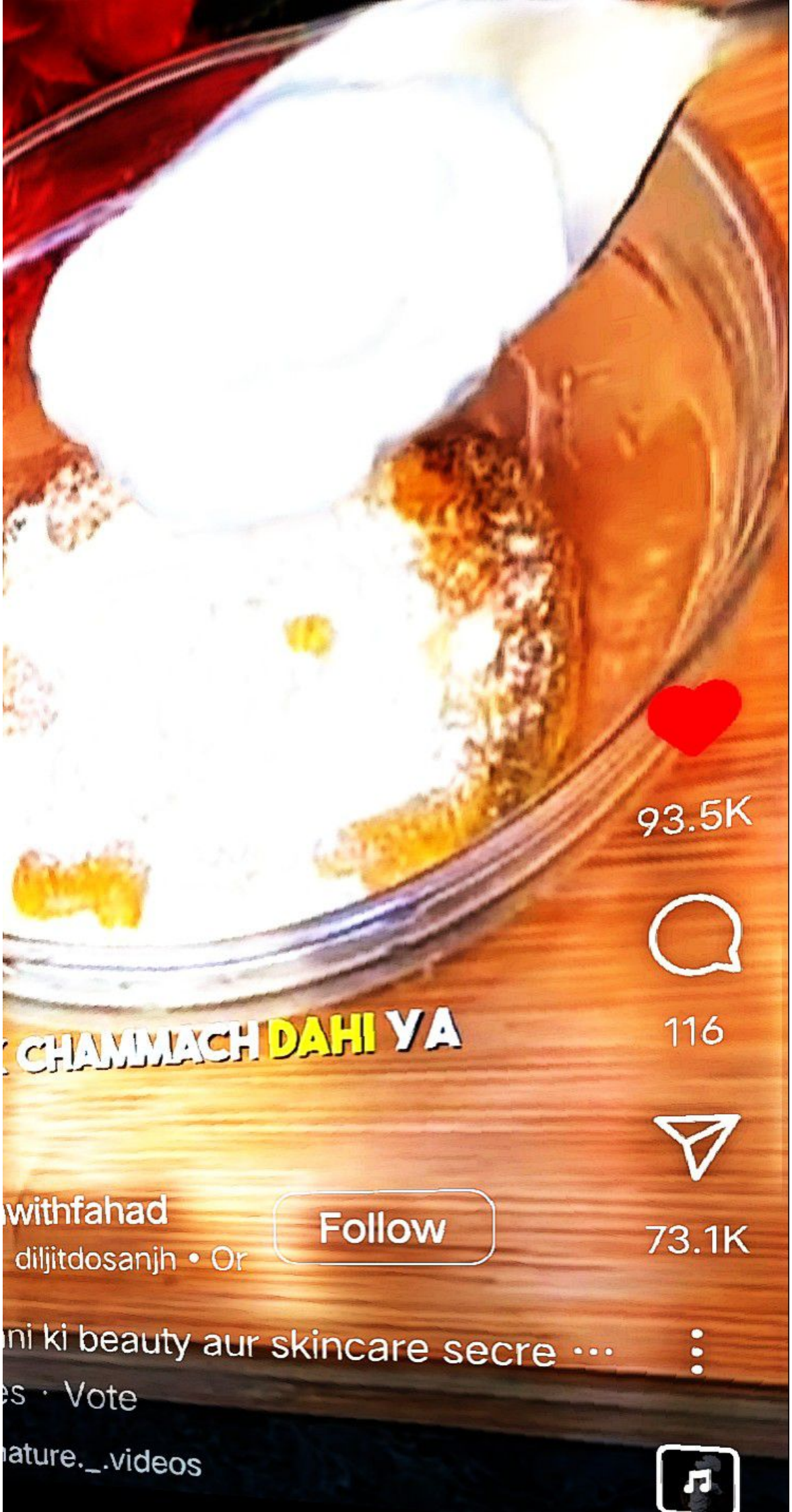
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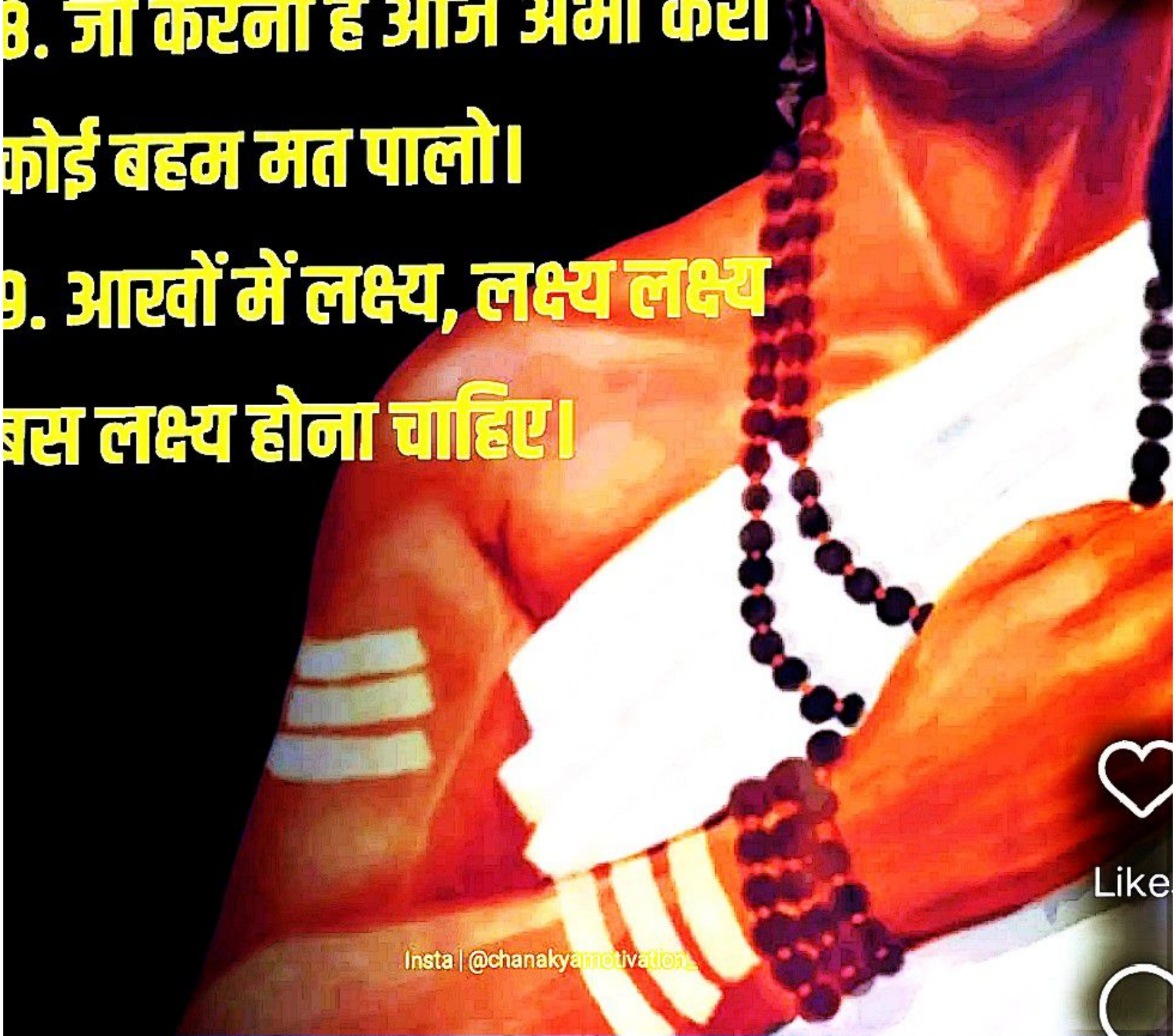
8. जो करना है आज अभी करो
कोई बहम मत पालो।
9. आखों में लक्ष्य, लक्ष्य लक्ष्य
बस लक्ष्य होना चाहिए।
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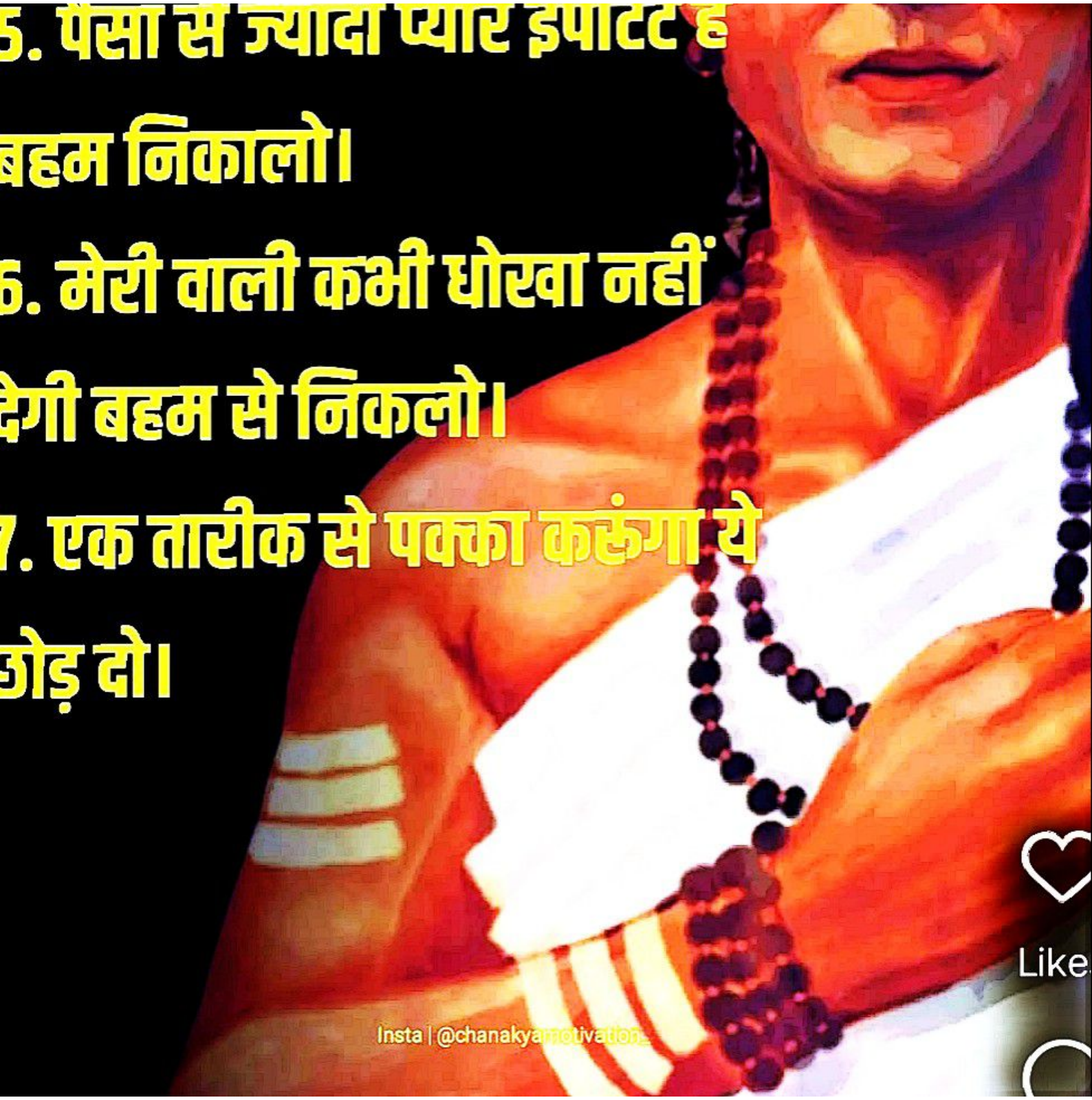
5. पैसा से ज्यादा प्यार इंपोर्टेड है
बहम निकालो।
6. मेरी वाली कभी धोखा नहीं
देगी बहम से निकलो।
7. एक तारीक से पक्का करूंगा ये
छोड़ दो।
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1. मोबाइल की दुनिया से बाहर निकलो।
2. अभी बहुत समय इस बहम से निकलो।
3. सब अपने हैं इस बहम से बाहर निकलो।
4. पैसा से खुशी नहीं मिलती बहम से निकलो
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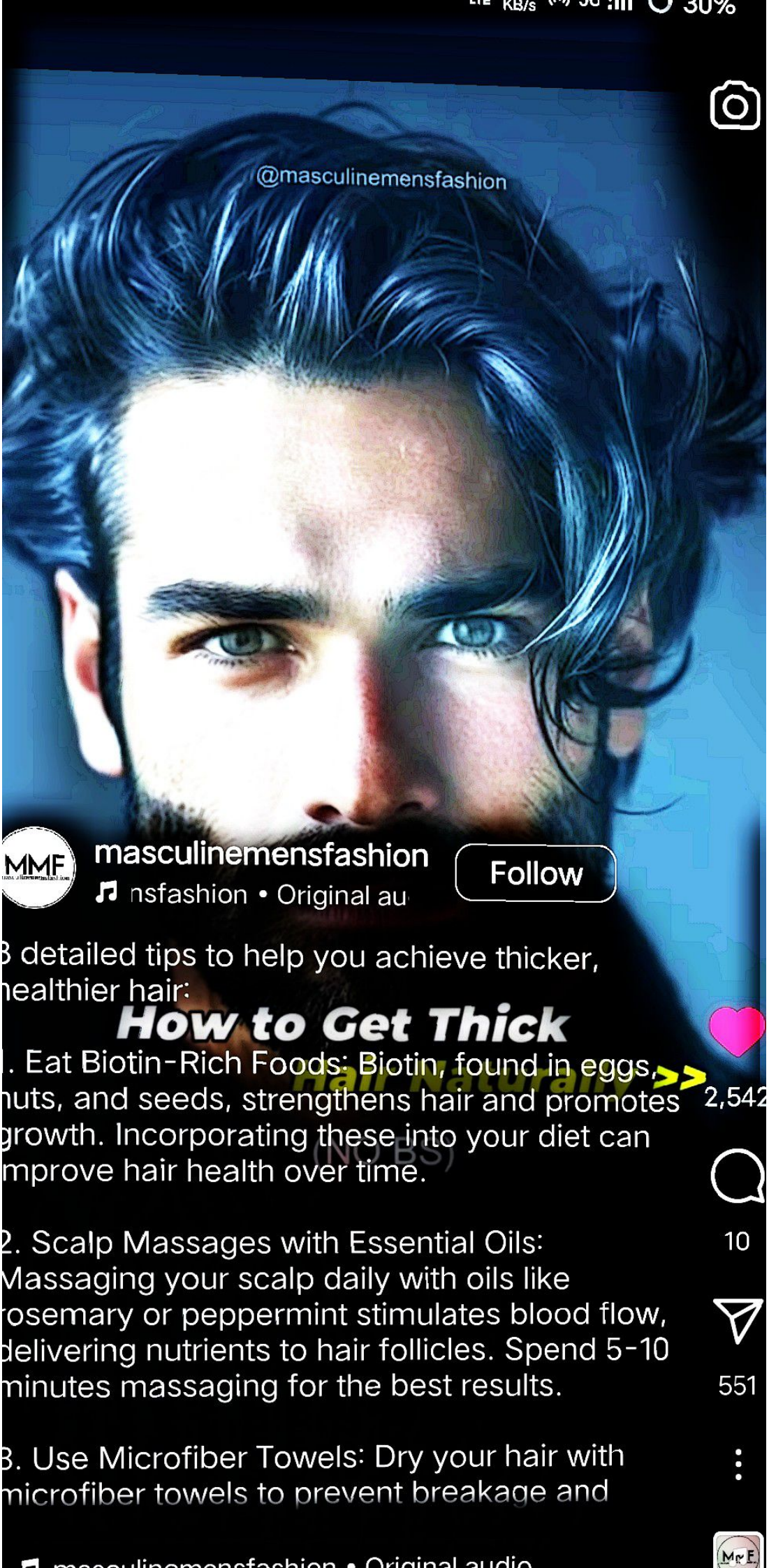
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1. Eat Biotin-Rich Foods: Biotin, found in eggs, nuts, and seeds, strengthens hair and promotes growth. Incorporating these into your diet can improve hair health over time.
2. Scalp Massages with Essential Oils: Massaging your scalp daily with oils like rosemary or peppermint stimulates blood flow, delivering nutrients to hair follicles. Spend 5-10 minutes massaging for the best results.
3. Use Microfiber Towels: Dry your hair with microfiber towels to prevent breakage and
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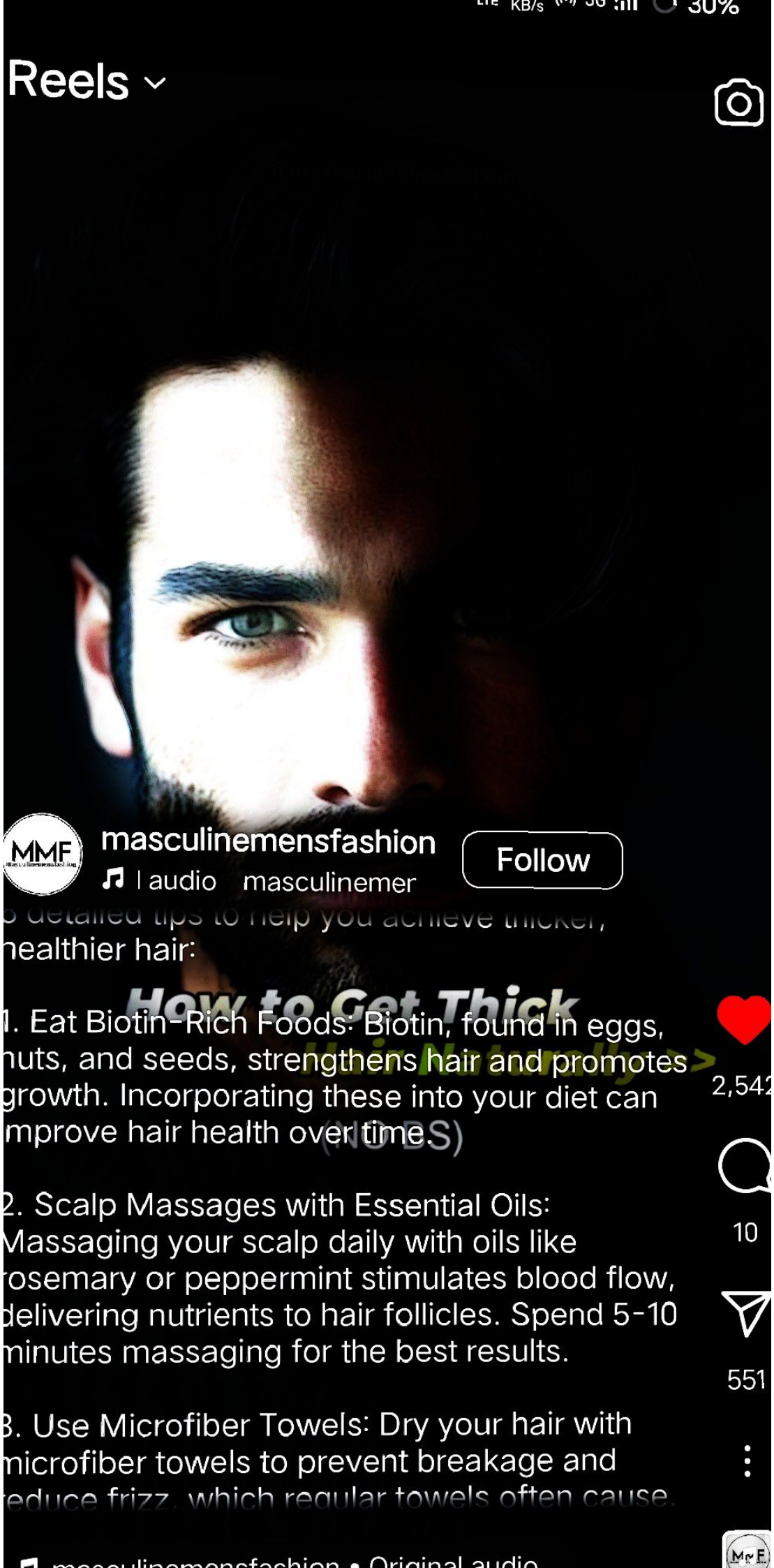
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minutes massaging for the best results.
3. Use Microfiber Towels: Dry your hair with
microfiber towels to prevent breakage and
educe frizz, which regular towels often cause.
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Health & Fitness

1. **Exercise regularly** – Aim for 30 minutes of movement daily.
2. **Drink water** – Start your day with a glass of water and stay hydrated.
3. **Eat whole foods** – Prioritize fruits, vegetables, lean proteins, and whole grains.
4. **Stretch daily** – Maintain flexibility and reduce tension.
5. **Sleep well** – Establish a nighttime routine and get 7-8 hours of quality sleep.

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Share this with others!

Financial Habits

1. **Budget your income** – Track expenses and plan for savings.
2. **Invest early** – Educate yourself about stocks, funds, or real estate.
3. **Live below your means** – Avoid lifestyle inflation.
4. **Learn financial literacy** – Understand taxes, debt, and credit.
5. **Save for emergencies** – Build an emergency fund with 3-6 months' expenses.

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Relationships

1. **Communicate effectively** – Practice active listening and express yourself clearly.
2. **Surround yourself with positivity** – Spend time with people who uplift and inspire you.
3. **Set boundaries** – Protect your time, energy, and mental health.
4. **Show gratitude** – Appreciate and acknowledge the people around you.
5. **Give back** – Volunteer or help others without expecting anything in return.

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Mindset

1. **Embrace failure** – Learn from mistakes and keep moving forward.
2. **Practice gratitude** – List three things you're grateful for each day.
3. **Visualize success** – Imagine achieving your goals to boost motivation.
4. **Challenge comfort zones** – Do one thing that scares you regularly.
5. **Stay curious** – Ask questions and explore new perspectives.

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Personal Growth

1. **Read daily** – Commit to at least 10 pages of a book or articles on personal development.
2. **Journal** – Reflect on your day, set intentions, or practice gratitude.
3. **Set goals** – Break down big dreams into actionable steps.
4. **Learn new skills** – Dedicate time to mastering a hobby or professional skill.
5. **Practice mindfulness** – Meditate or focus on being present for a few minutes daily.

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Productivity

1. **Plan your day** – Use a planner or digital tools to organize your tasks.
2. **Prioritize tasks** – Focus on high-impact activities (Pareto Principle).
3. **Practice time blocking** – Dedicate specific time slots for specific activities.
4. **Limit distractions** – Turn off notifications and work in focused bursts.
5. **Review weekly** – Reflect on wins, losses, and areas to improve.

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KNOWLEDGEOFPEOPLE

पढाई करते समय ध्यान देने योग्य बात

1 - पढाई हमेशा कुर्सी-टेबल पर बैठ कर ही करें , बिस्तर पर लेट कर बिलकुल भी न पढ़े । लेटकर पढने से पढ़ा हुआ दिमाग में बिलकुल नही जाता , बल्कि नींद आने लगती है ।

2 - पढ़ते समय टेलीविजन न चलाये और रेडियो या गाने भी बंद रखे ।

3 - पढाई के समय मोबाइल स्विच ऑफ़ करदे या साईलेंट मोड में रखे।

4 - पढ़े हुए पाठ्य को लिखते भी जाये इससे आपकी एकाग्रता भी बनी रहेगी और भविष्य के लिए नोट्स भी बन जायेंगे ।

5- कोई भी पाठ्य कम से तीन बार जरुर पढ़े ।

6 - रटने की प्रवृत्ति से बचे , जो भी पढ़े उस पर विचार मंथन जरुर करें ।

7 - शार्ट नोट्स जरुर बनाये ताकि वे परीक्षा के समय काम आये ।

8- पढ़े हुए पाठ्य पर विचार - विमर्श अपने मित्रो से जरुर करें ग्रुप डिस्कशन पढाई में लाभदाय होता है।

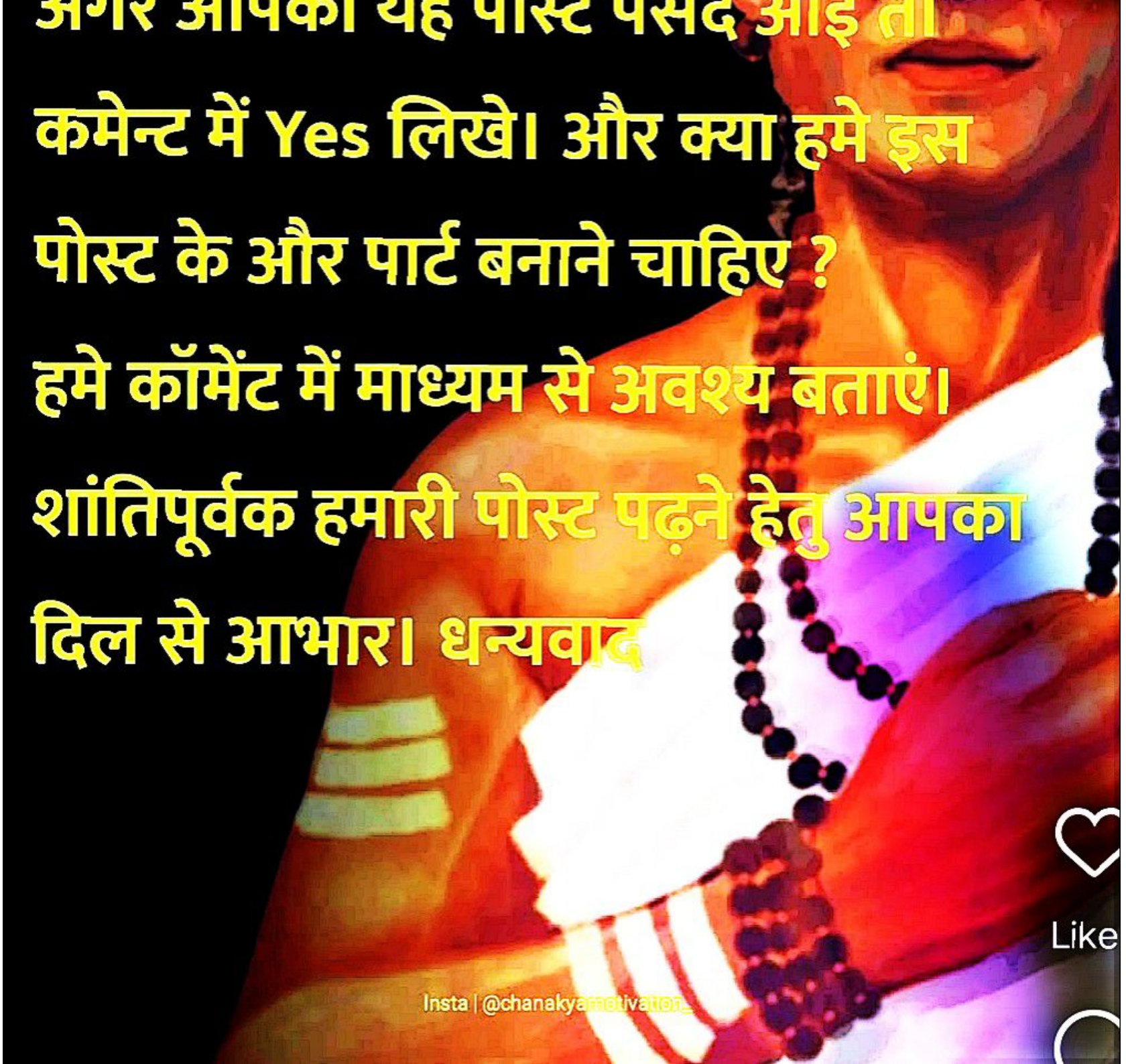
9 - पुराने प्रश्न पत्रों के आधार प महत्वपूर्ण टोपिक को छांट ले और उ अच्छे से तैयार करें ।

10 - संतुलित भोजन करें क्योंकि ज्यादा भोजन से नींद और आलस आता है , जबकि कम भोजन से पढ़ में मन नही लगता है .और थकावट सिरदर्द आदि समस्याएं होती है ।

11- चित्रों , मानचित्रो , ग्राफ रेखाचित्रो आदि की मदद से पढ़े । अधिक समय तक याद रहते है ।

12- पढाई में कंप्यूटर या इन्टरने की मदद ले राकते है

नोट: आप लोगो से निवेदन है क कृपया करके में बताये की आप पोस्ट कैसा लगा?? Good or Ba ताकि हमे भी पता लगे की हम ज्ञा बांटने में कितना सफल हो रहे हैं।।


अगर आपको यह पोस्ट पसंद आई तो
कमेन्ट में Yes लिखे। और क्या हमे इस
पोस्ट के और पार्ट बनाने चाहिए ?
हमे कॉमेंट में माध्यम से अवश्य बताएं।
शांतिपूर्वक हमारी पोस्ट पढ़ने हेतु आपका
दिल से आभार। धन्यवाद
Like
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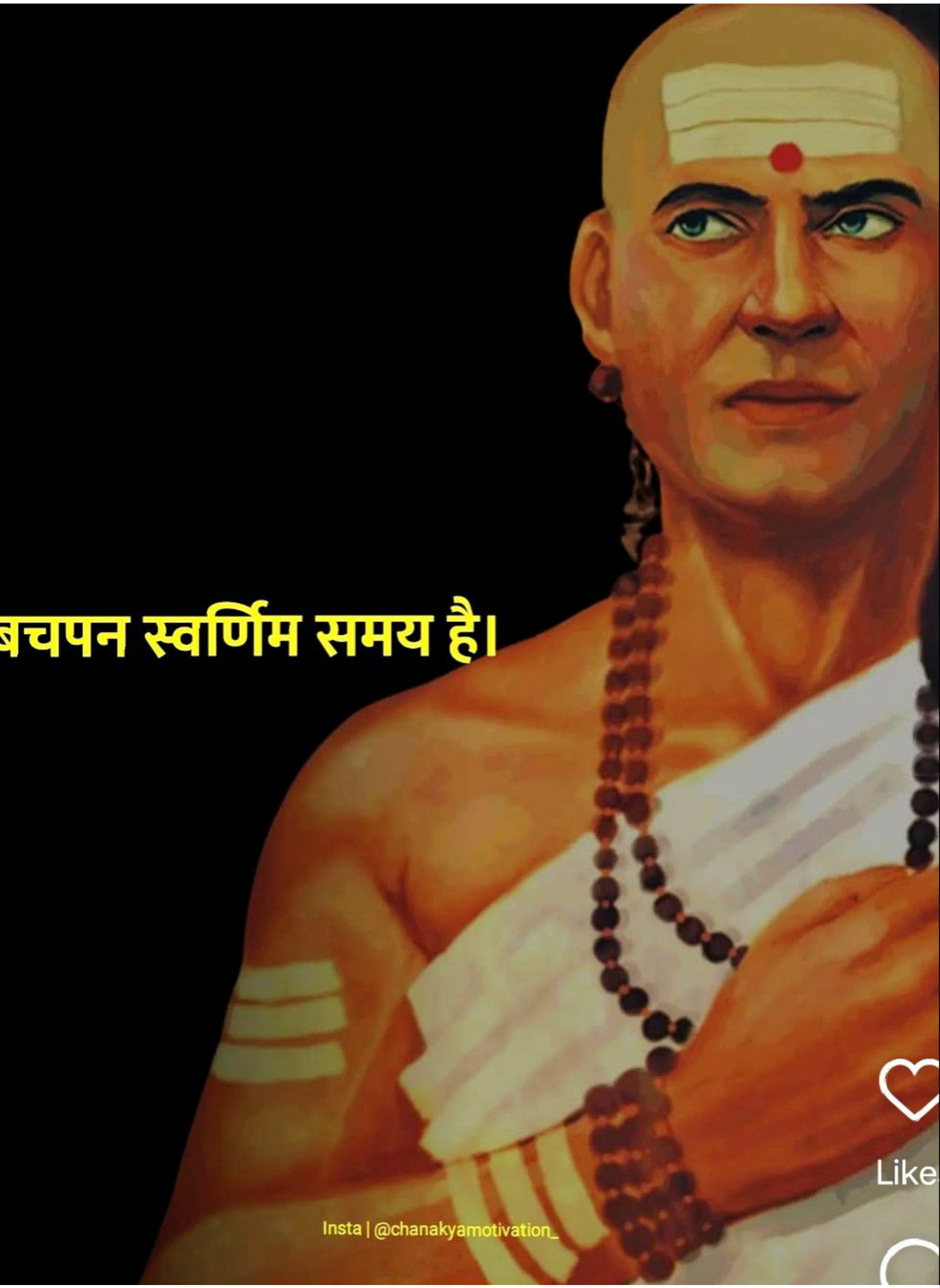
बचपन स्वर्णिम समय है।
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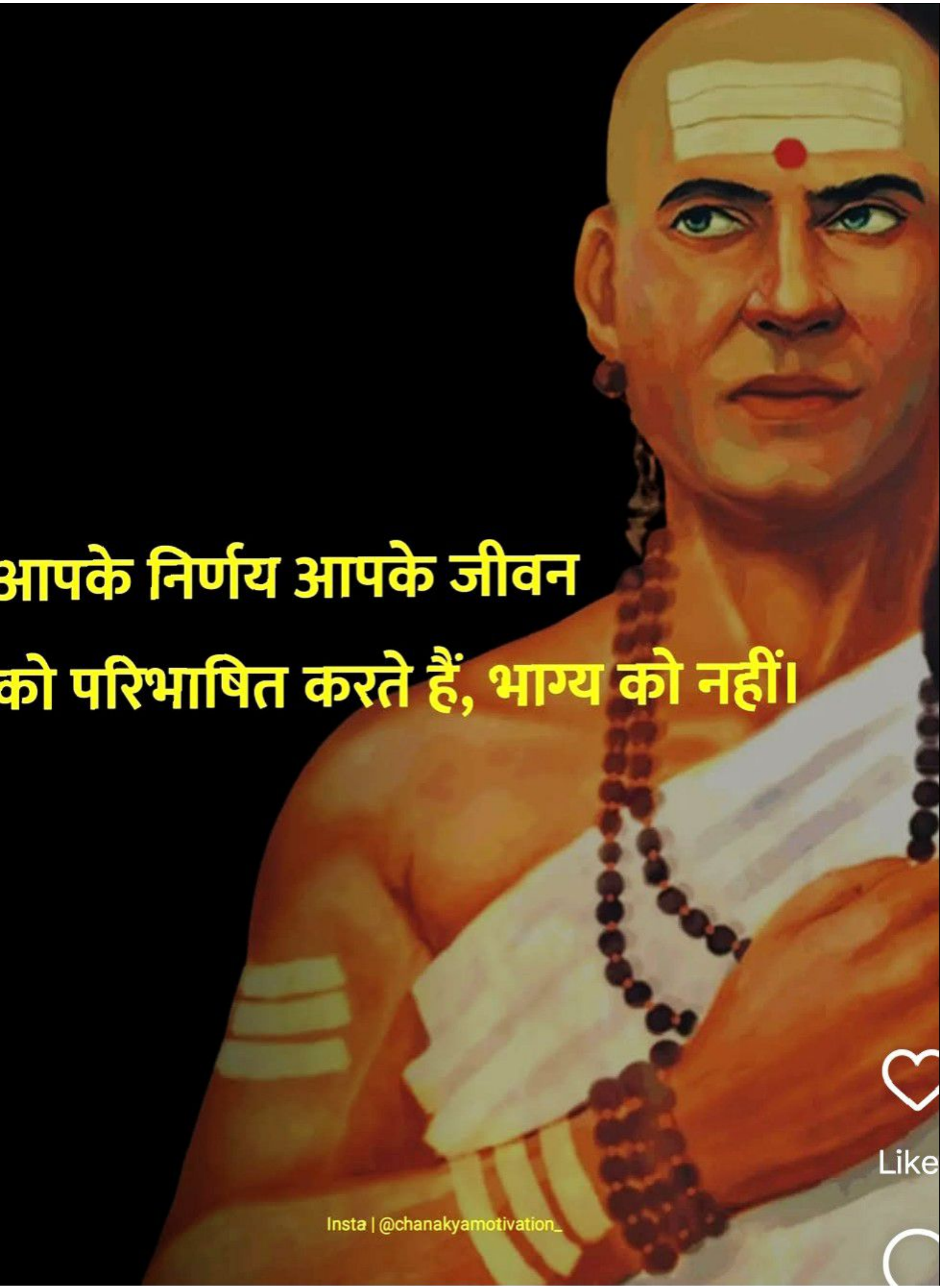
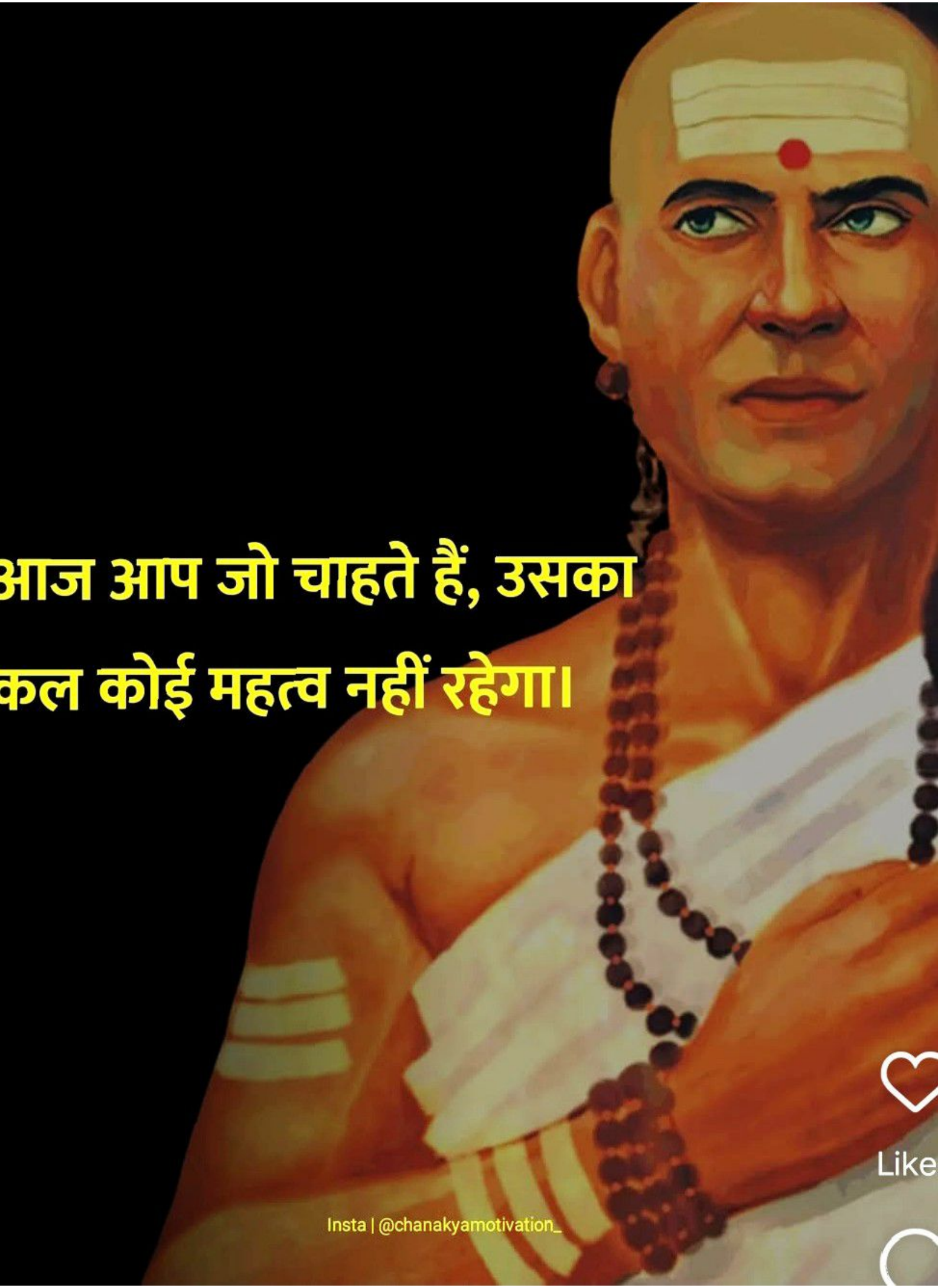
Like


आपके निर्णय आपके जीवन
को परिभाषित करते हैं, भाग्य को नहीं।
Like
Insta | @chanakyamotivation_


आज आप जो चाहते हैं, उसका
कल कोई महत्व नहीं रहेगा।
Like
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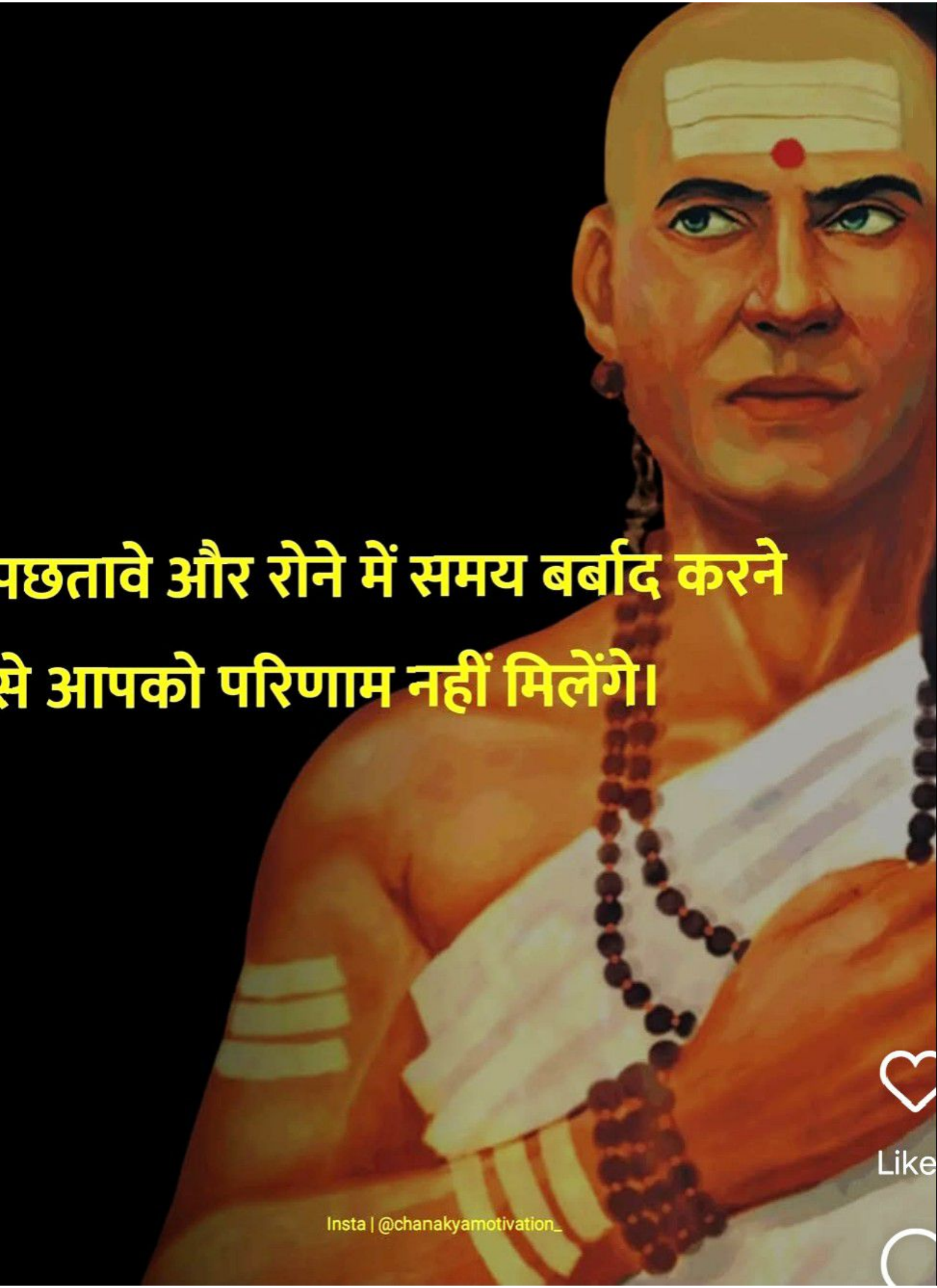
पछतावे और रोने में समय बर्बाद करने
से आपको परिणाम नहीं मिलेंगे।
Like
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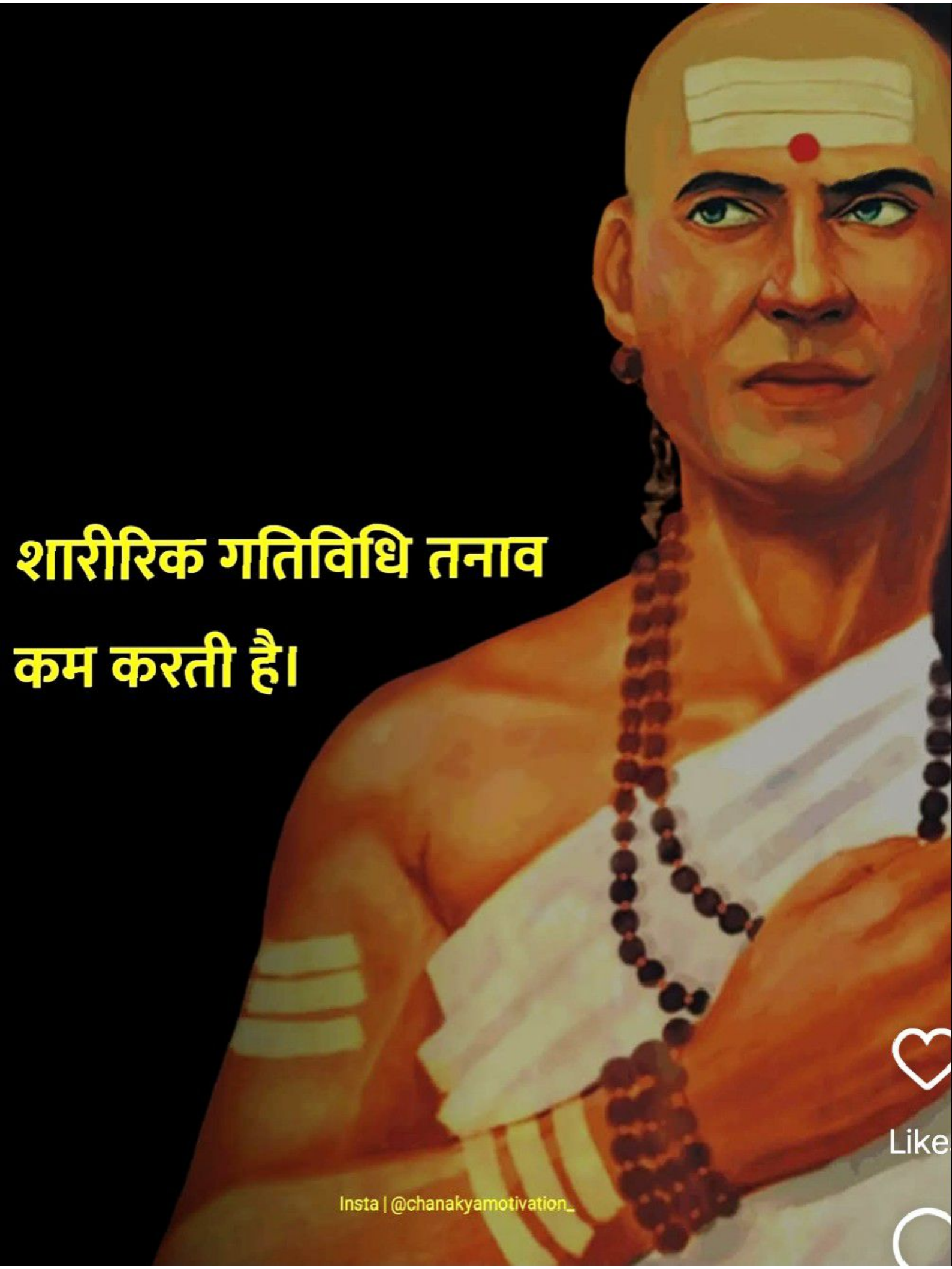
शारीरिक गतिविधि तनाव
कम करती है।
Like
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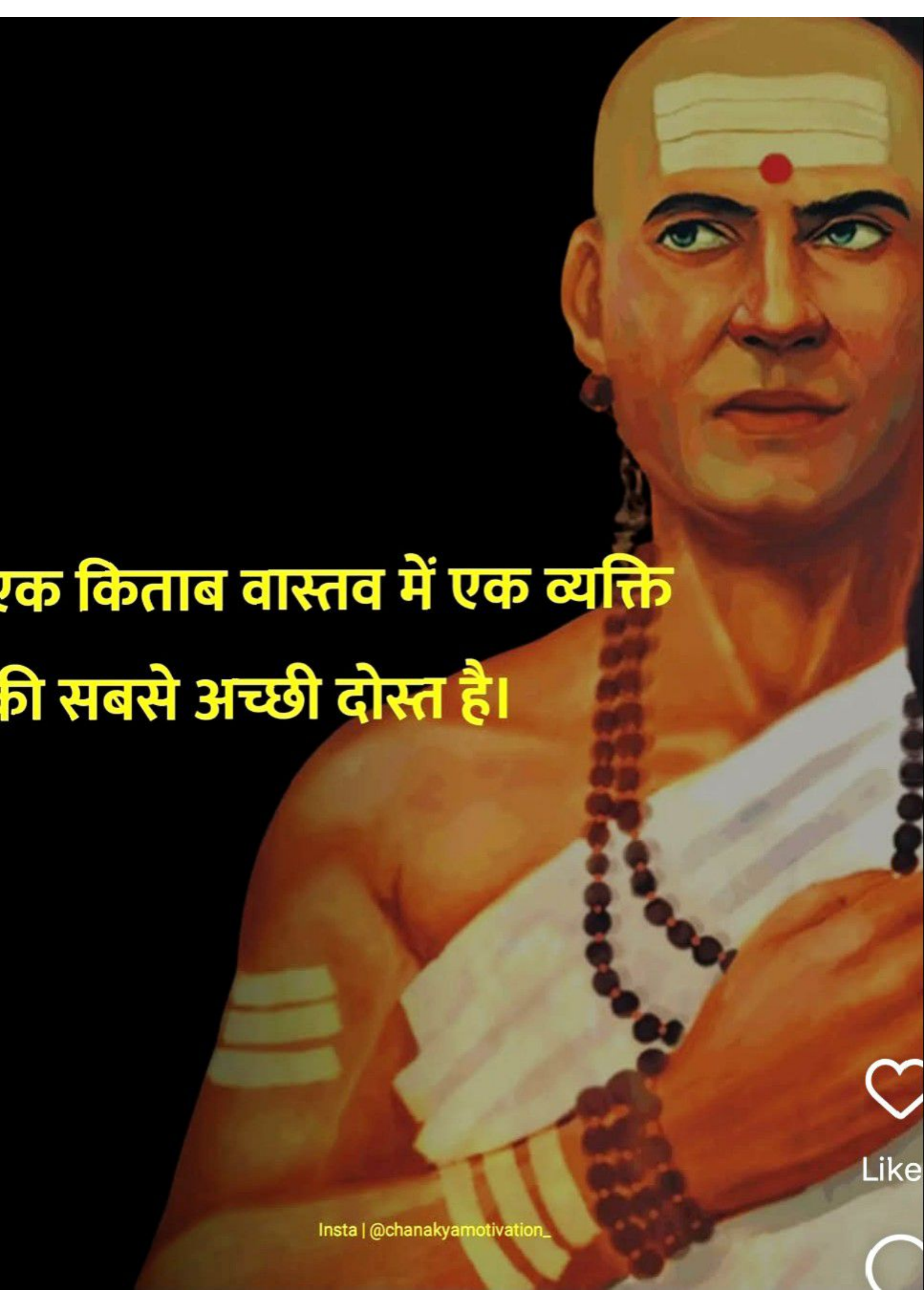
एक किताब वास्तव में एक व्यक्ति
की सबसे अच्छी दोस्त है।
Like
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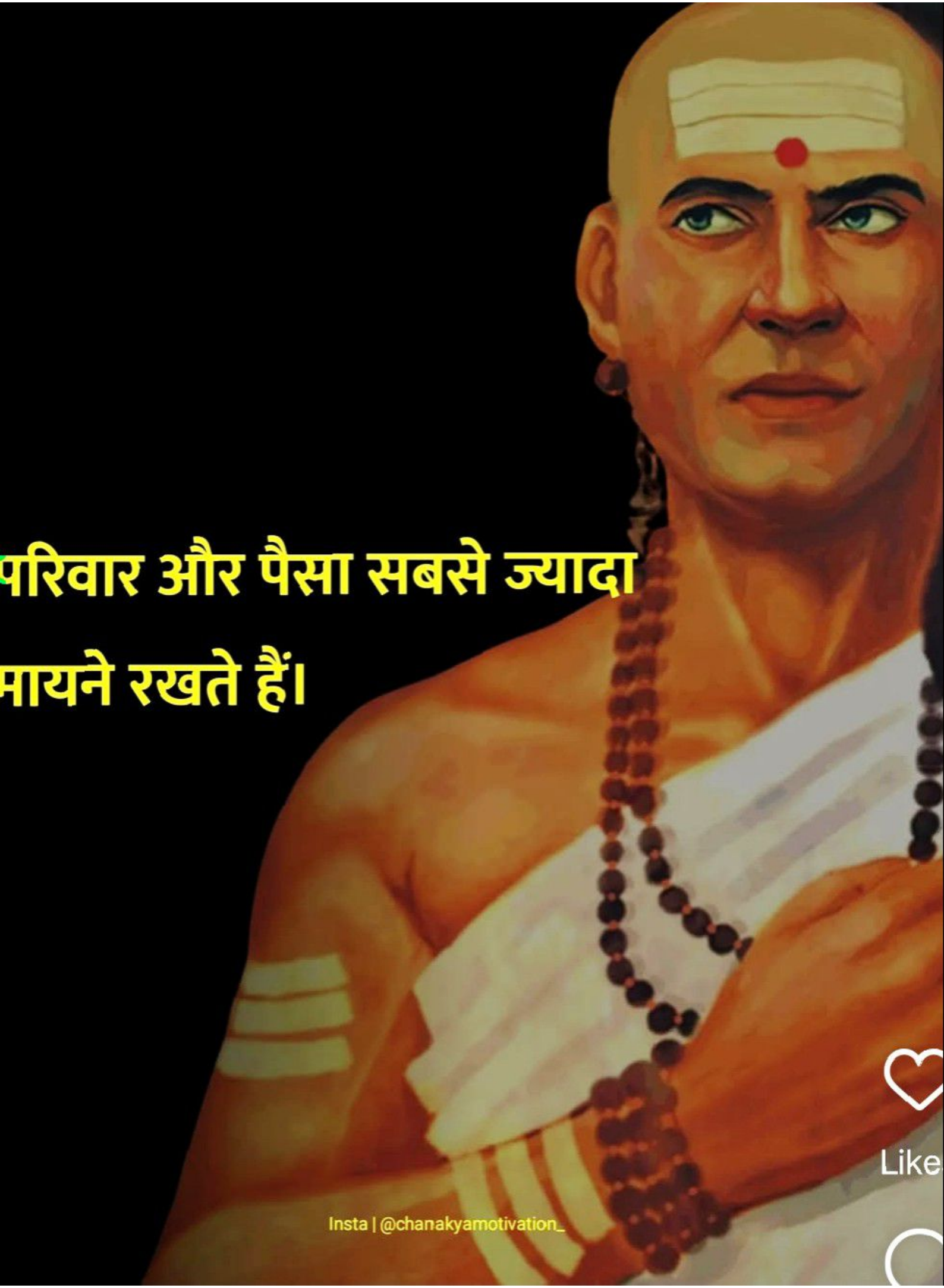
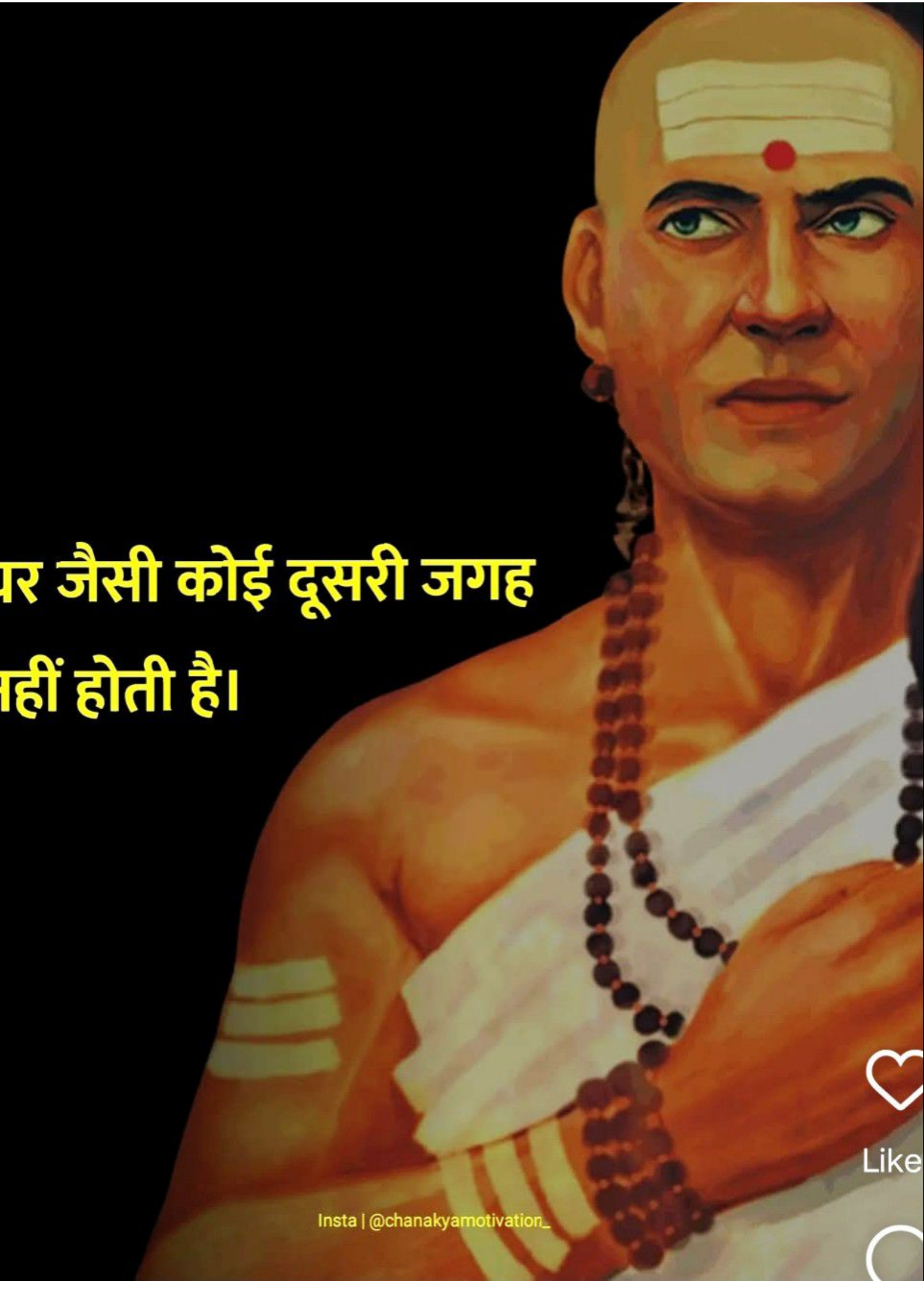

परिवार और पैसा सबसे ज्यादा
मायने रखते हैं।
Insta | @chanakyamotivation_
Like


र जैसी कोई दूसरी जगह
हीं होती है।
Like
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दिल टूटना और असफलताएं
जीवन का हिस्सा हैं।
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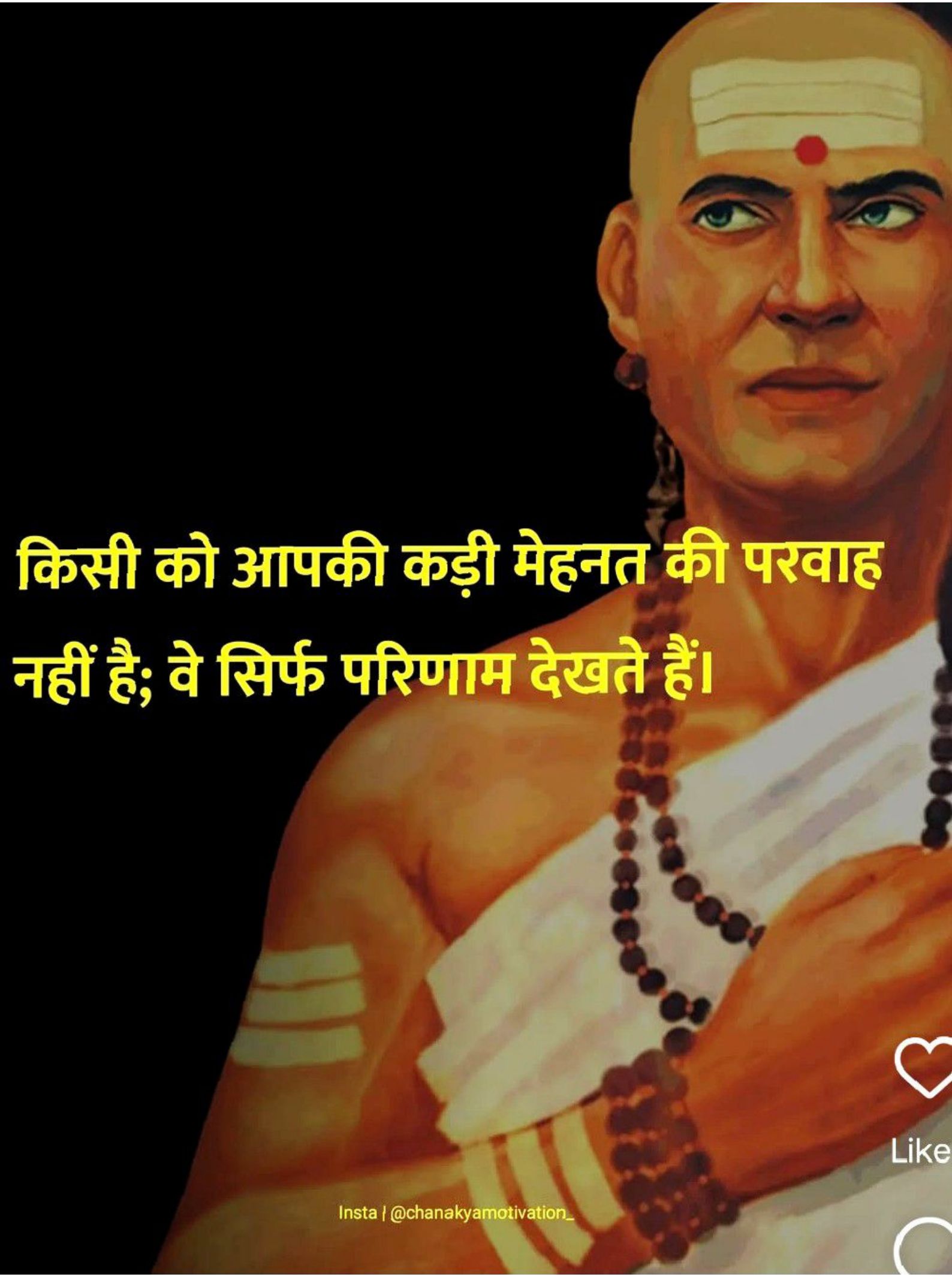
किसी को आपकी कड़ी मेहनत की परवाह नहीं है; वे सिर्फ परिणाम देखते हैं।
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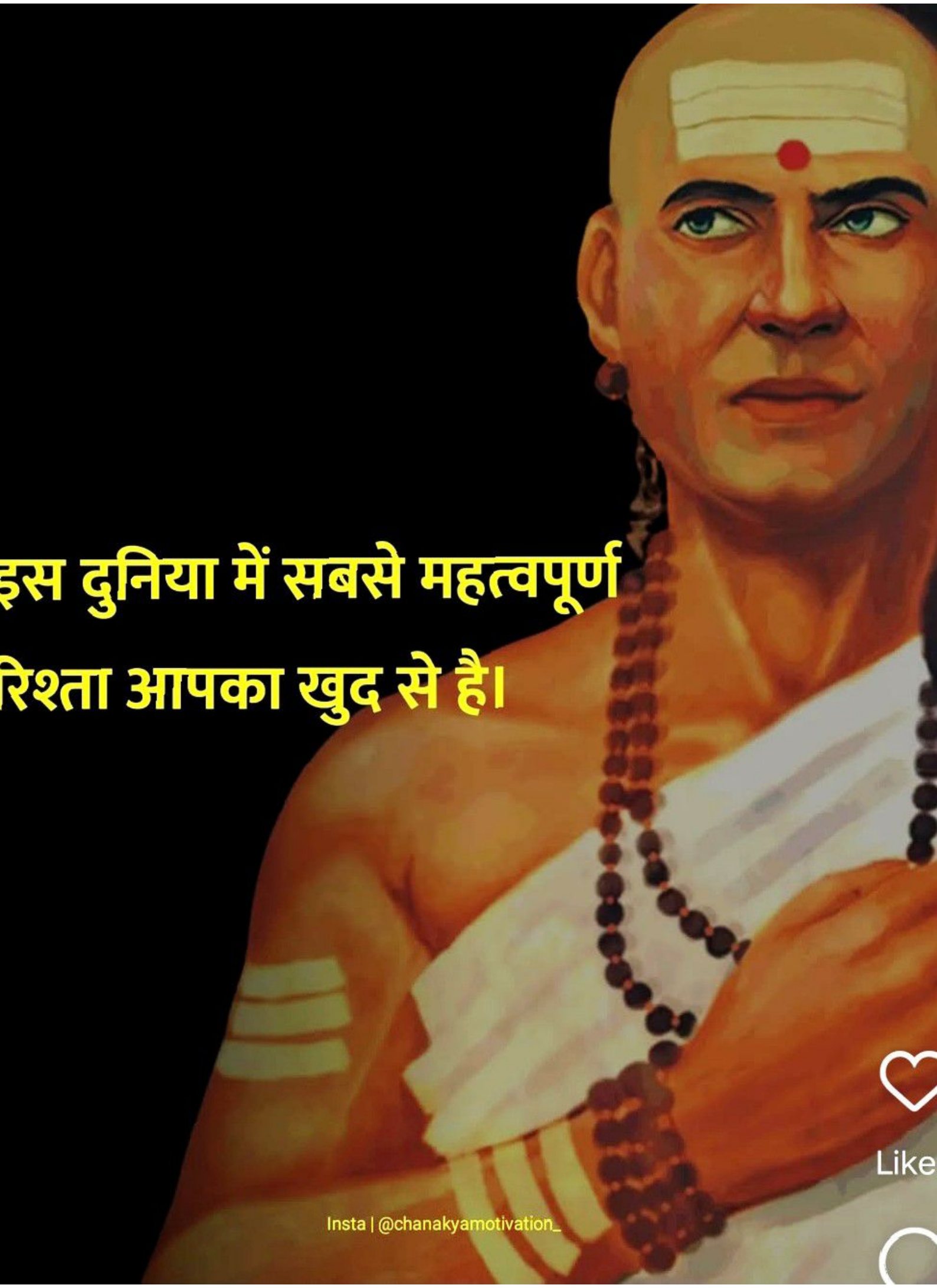
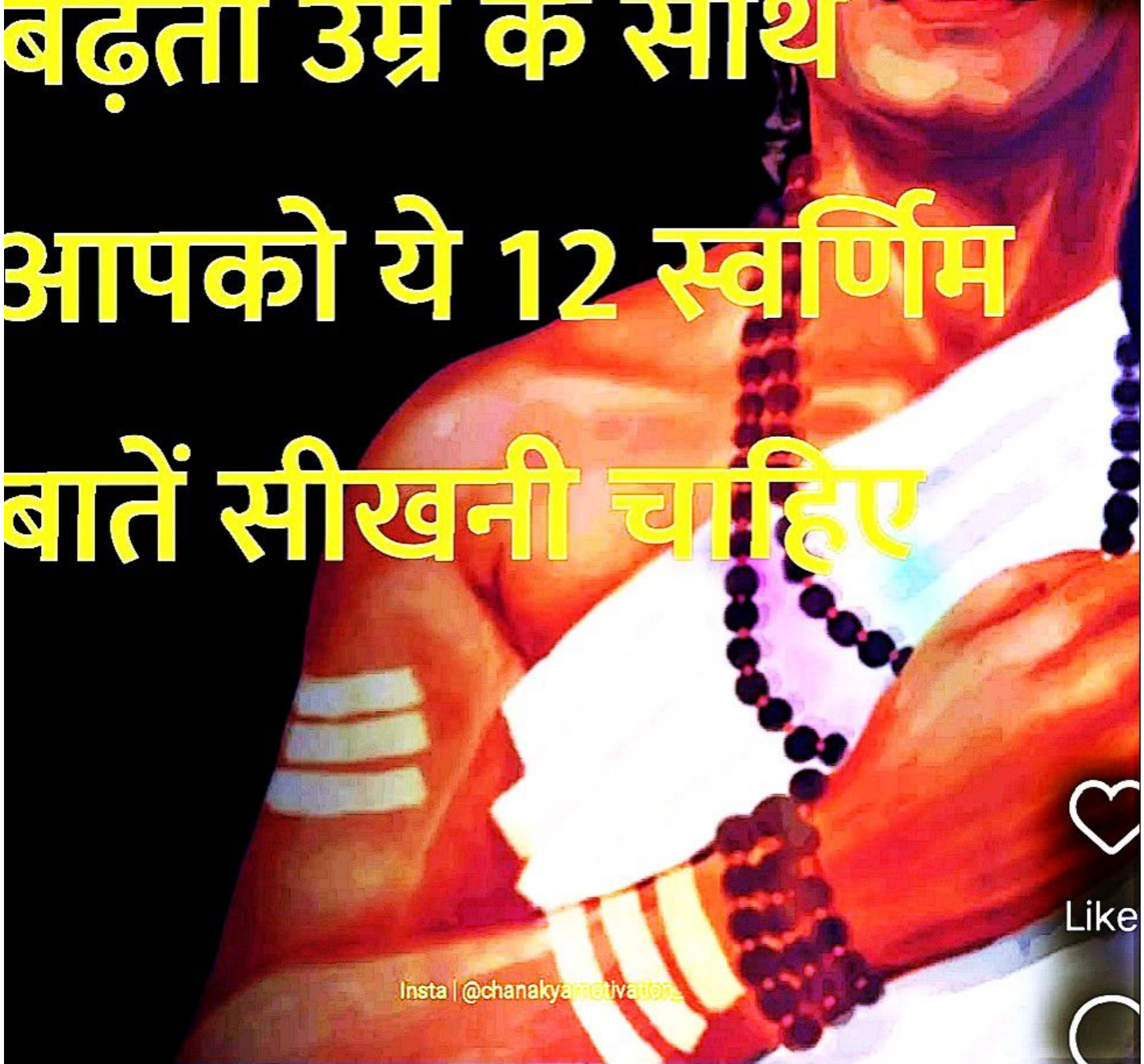
Like


इस दुनिया में सबसे महत्वपूर्ण
रिश्ता आपका खुद से है।
Like
Insta | @chanakyamotivation_

आपके मित्र, चाहे वे कितने भी
करीबी क्यों न हों, समय के साथ
गायब हो जायेंगे।
Like
Insta | @chanakyamotivation_


बढ़ता उम्र के साथ
आपको ये 12 स्वर्णिम
बातें सीखनी चाहिए
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THE FOUR AGREEMENTS

h/t Don Miguel Ruiz

1. BE IMPECCABLE WITH YOUR WORD

- Speak with integrity. Say only what you mean.
- Avoid using the word to speak against yourself or to gossip about others.

2. DON'T TAKE ANYTHING PERSONALLY

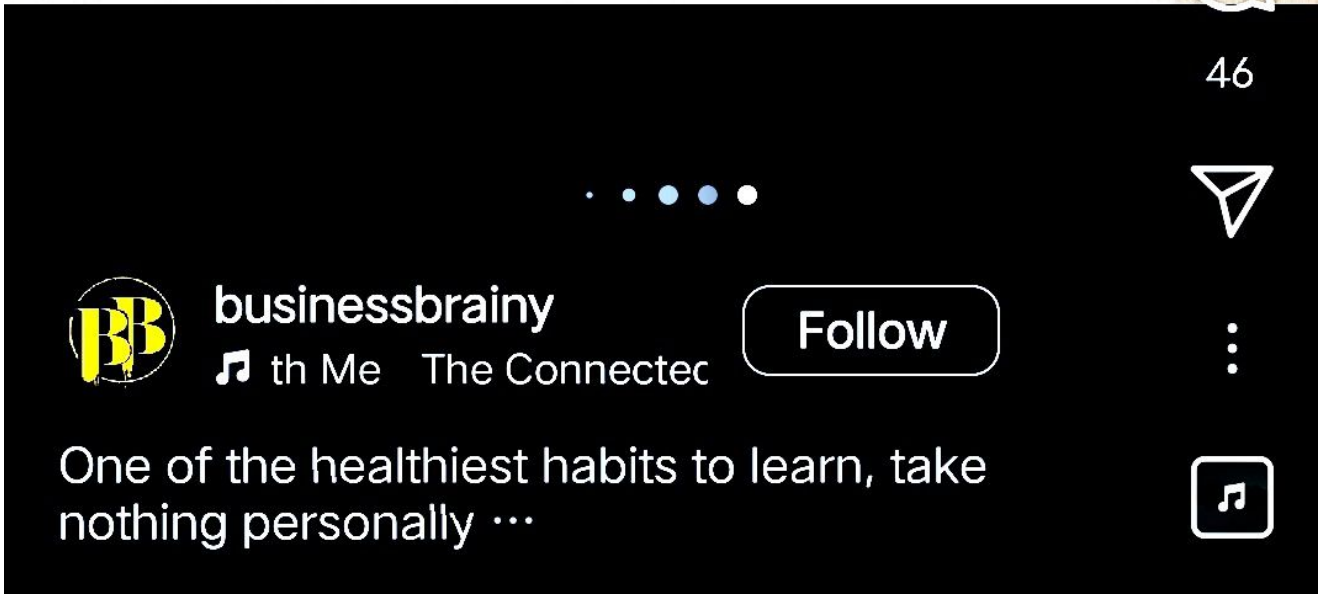
- Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream.
- Let go of the need for approval.

3.DON'T MAKE ASSUMPTIONS

- Ask questions and express what you really want.
- Communicate clearly to avoid misunderstandings.

4. ALWAYS DO YOUR BEST

- Your best is going to change from moment to moment.
- simply do your best, and you will avoid self-judgment, self-abuse, and regret.



Quick Practices to Keep Calm

• **Visualization:** Imagine a protective bubble around you to deflect negativity.

• **Mantras:** Repeat phrases like "It's not about me" to stay strong.

• **Self-Reflection:** Ask yourself, "Is this really about me, or are they projecting?"

• **Pause and Breathe:** Take a deep breath before reacting to anything upsetting. This gives you time to think clearly.

• **Gratitude Shift:** When you feel hurt, focus on one thing you're thankful for to instantly change your perspective.

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Become Dangerously Confident

You're only affected by others' opinions when you have low self-esteem. When you believe in yourself and know your capabilities, nothing can shake you.

Self-confidence and self-worth are the foundation of everything in life.

Focus on these things:

1. Know Yourself

2. Break Through Self-Limiting Beliefs

3. Stand Tall

4. Empower Yourself with Knowledge

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Stay Mindful

Focus on the present moment instead of replaying past conversations or imagining future scenarios. Overthinking makes situations worse.

Focus on these things:

1. Be aware of your thoughts:
Recognize when your mind starts to wander or overthink.

2. Stay in the present: Focus fully on what is happening right now, rather than dwelling on the past or future.

3. Practice deep breathing: Calm your mind with a few deep breaths when feeling overwhelmed.

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Let things go

Holding on to others' mistakes only harms you more. If someone has wronged you, learn to let it go wisely. Don't allow their mistake to turn into bitterness, and don't hold on to anger towards anyone.

To practice letting go, focus on these three points:

1. Control Your Behavior and Reactions: Respond thoughtfully, not impulsively.

2. Value Your Own Opinion: What matters is what you think of yourself, not what others say.

3. Accept What You Can't Change: Embrace things that are beyond your control.

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Set Boundaries

You don't have to tolerate everything. If someone's behavior bothers you, create space for yourself and calmly communicate your boundaries.

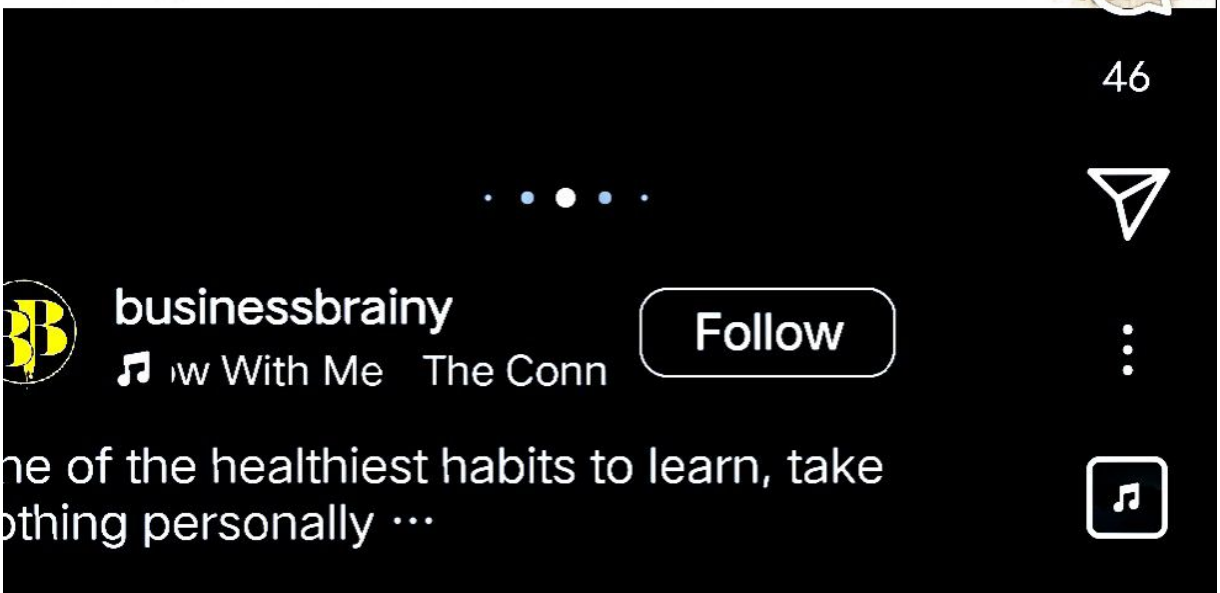
Focus on these things:

1. **Understand Your Boundaries:** Know what you can tolerate and what you can't, and be clear about your needs.

2. **Communicate Clearly:** Express your boundaries directly but respectfully.

3. **Stick to Your Boundaries**: Don't feel guilty for protecting your well-being.

4. **Respect Others' Boundaries:** Just as you set your boundaries, respect the boundaries of others.



Pause Before Reacting

When you receive criticism or hurtful comments, take a moment to pause.

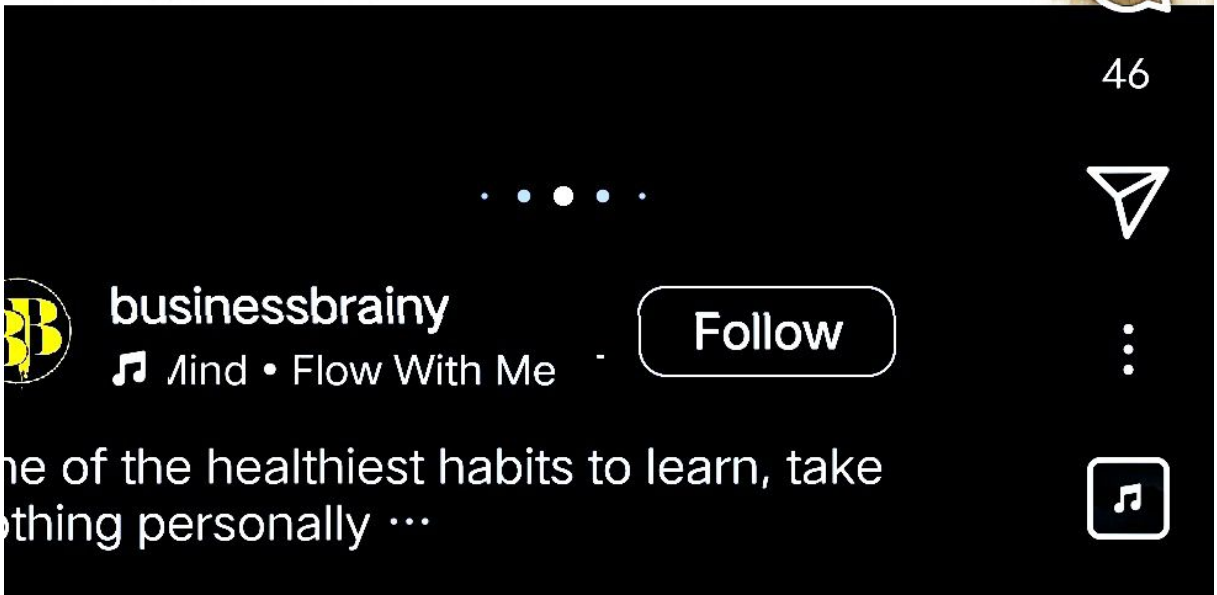
Reflect on whether responding is worth your time and energy.

Focus on these things:

1. **Take a deep breath and stay calm:** Give yourself a few seconds to compose yourself.

2. **Consider the bigger picture:** Think about whether this comment will matter in the future.

3. **Respond with purpose:** Decide if a response is necessary, and if so, reply calmly and thoughtfully.



Don't Assume

Instead of guessing why someone said or did something, ask them directly. Often, we misunderstand situations because we assume the worst. Clear communication can help you avoid unnecessary stress.

Focus on these things:

1. Ask for clarification: If you're unsure, ask the person to explain themselves.

2. Avoid jumping to conclusions: Don't make assumptions without knowing the full story.

3. Communicate openly: Share your thoughts and feelings to prevent misunderstandings.

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Remember It's Not About You:

You put yourself under unnecessary stress by constantly worrying about what others think of you. It's neither helpful nor productive.

To strengthen this mindset, focus on these three things:

1. Accept Yourself: Embrace who you are without needing external validation.

2. Surround Yourself with Supportive People: Spend time with those who uplift you and avoid negativity.

3. Control the Need for Approval: Remind yourself that your worth is not defined by others' opinions.

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@booksforaspirants

One of the healthiest habits to learn:

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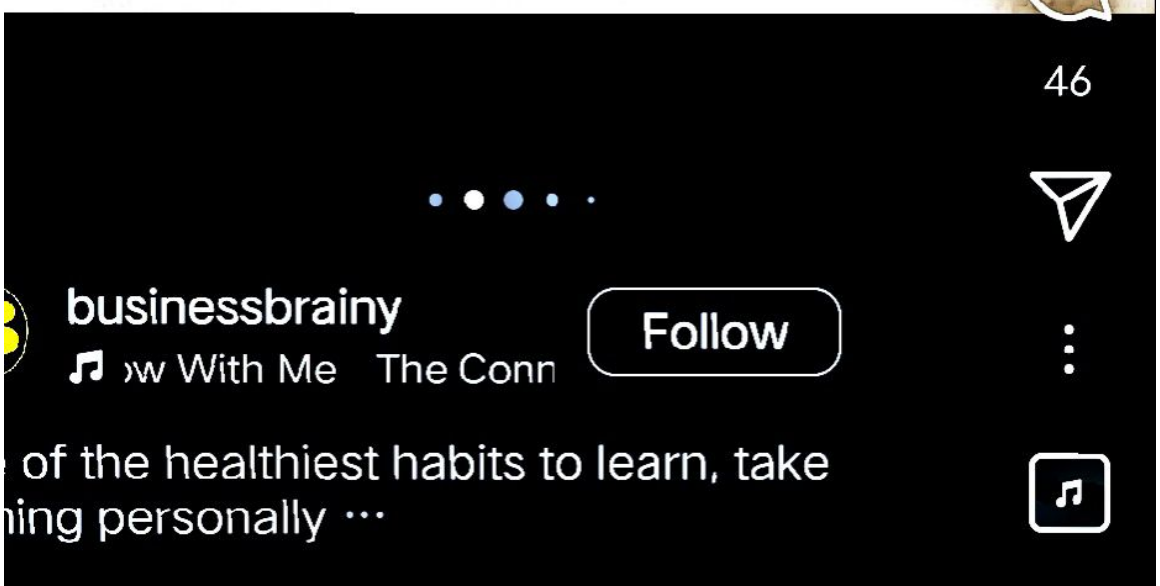

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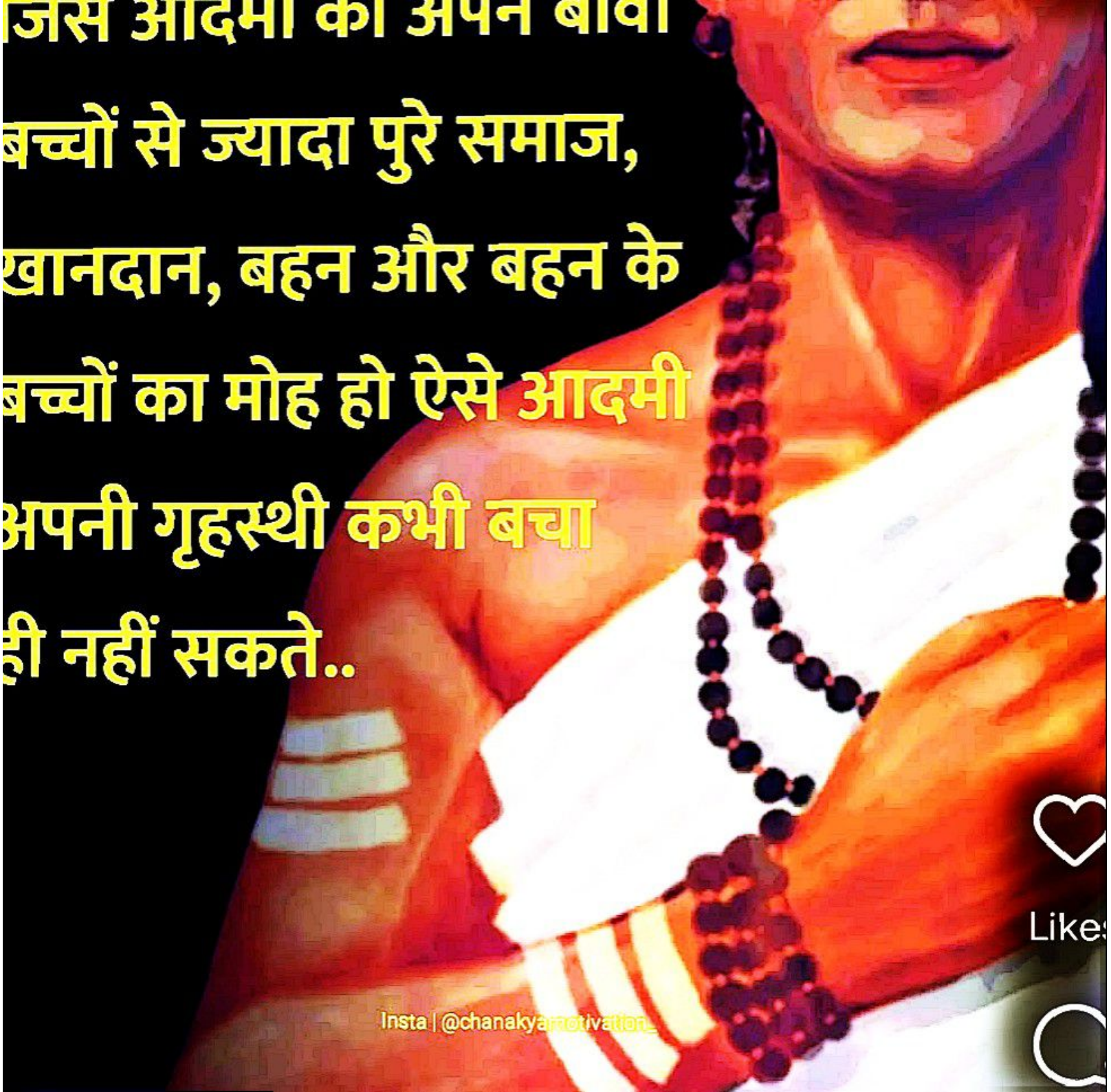
जिस आदमी को अपने बीवी
बच्चों से ज्यादा पुरे समाज,
खानदान, बहन और बहन के
बच्चों का मोह हो ऐसे आदमी
अपनी गृहस्थी कभी बचा
ही नहीं सकते..
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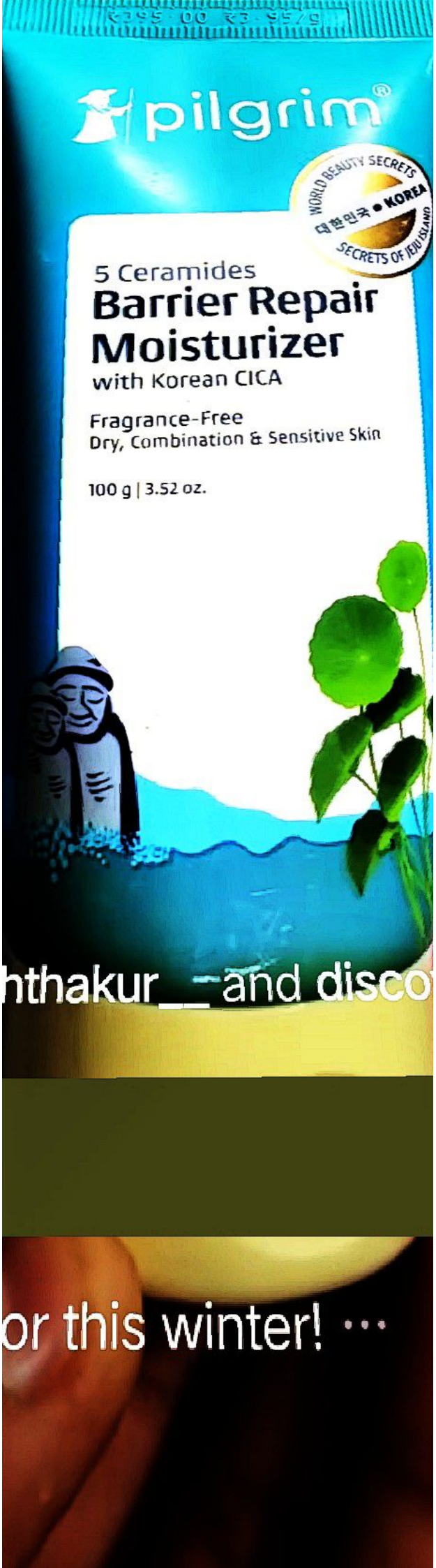
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Canva and ChatGPT are great, but they won't

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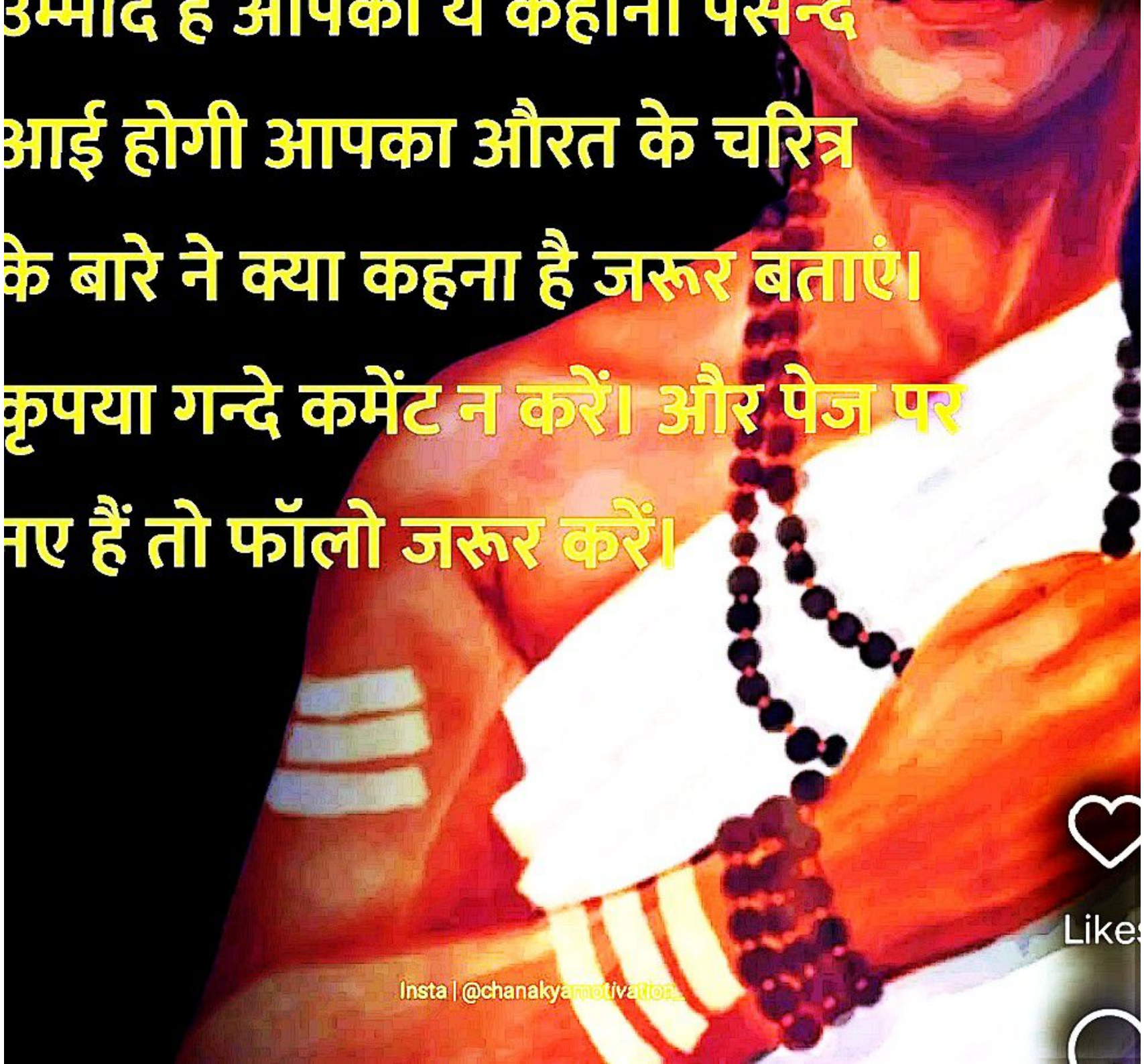
build your bus


उम्मीद है आपको ये कहानी पसन्द
आई होगी आपका औरत के चरित्र
के बारे ने क्या कहना है जरूर बताएं।
कृपया गन्दे कमेंट न करें। और पेज पर
नए हैं तो फॉलो जरूर करें।
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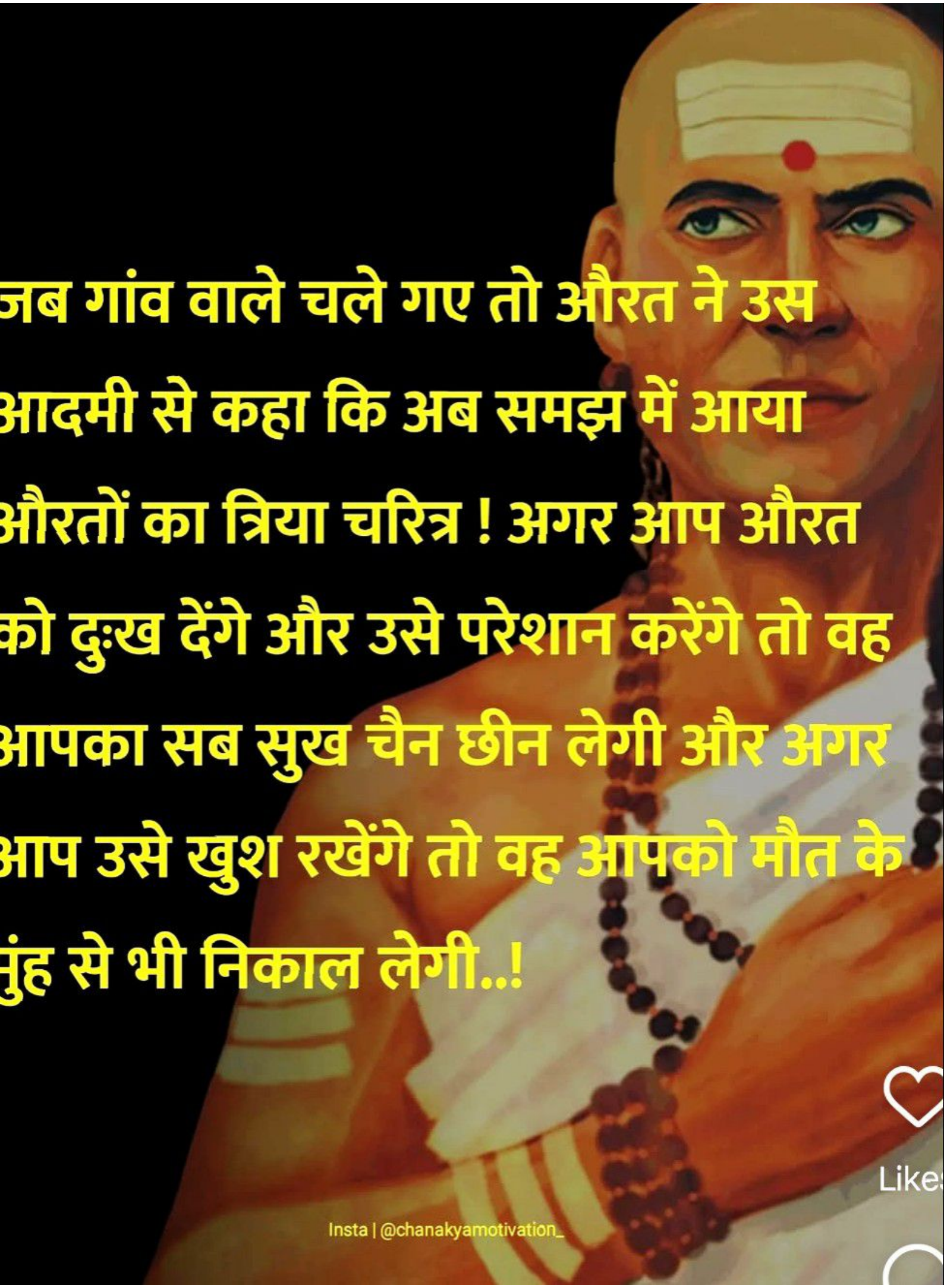
जब गांव वाले चले गए तो औरत ने उस आदमी से कहा कि अब समझ में आया औरतों का त्रिया चरित्र ! अगर आप औरत को दुःख देंगे और उसे परेशान करेंगे तो वह आपका सब सुख चैन छीन लेगी और अगर आप उसे खुश रखेंगे तो वह आपको मौत के मुंह से भी निकाल लेगी..!
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गाँव वालों ने उस आदमी की बहुत
तारीफ की और उसको कंधों पर उठा
लिया। उसका खूब आदर सत्कार किया
और उसको इनाम भी दिया।
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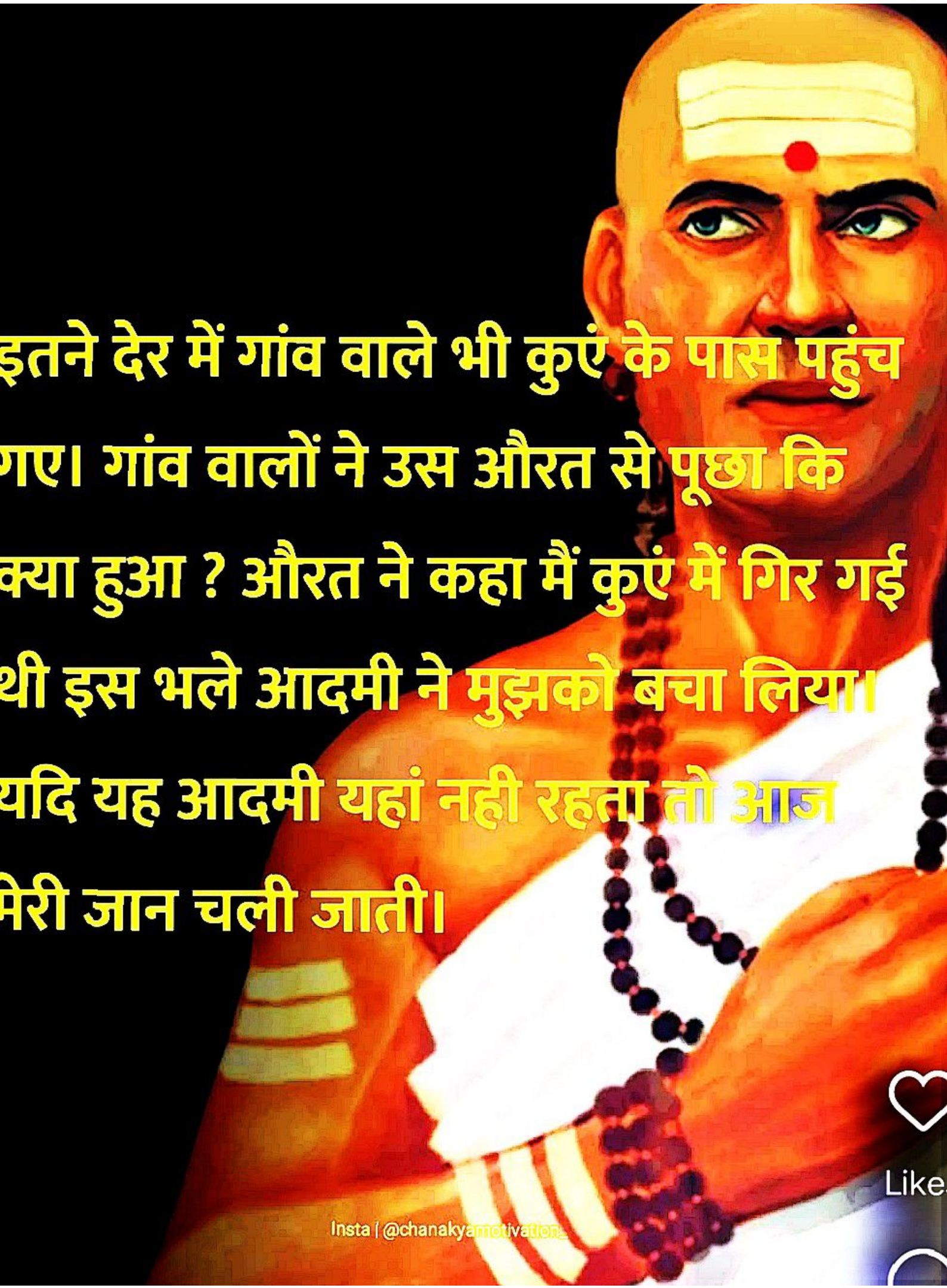
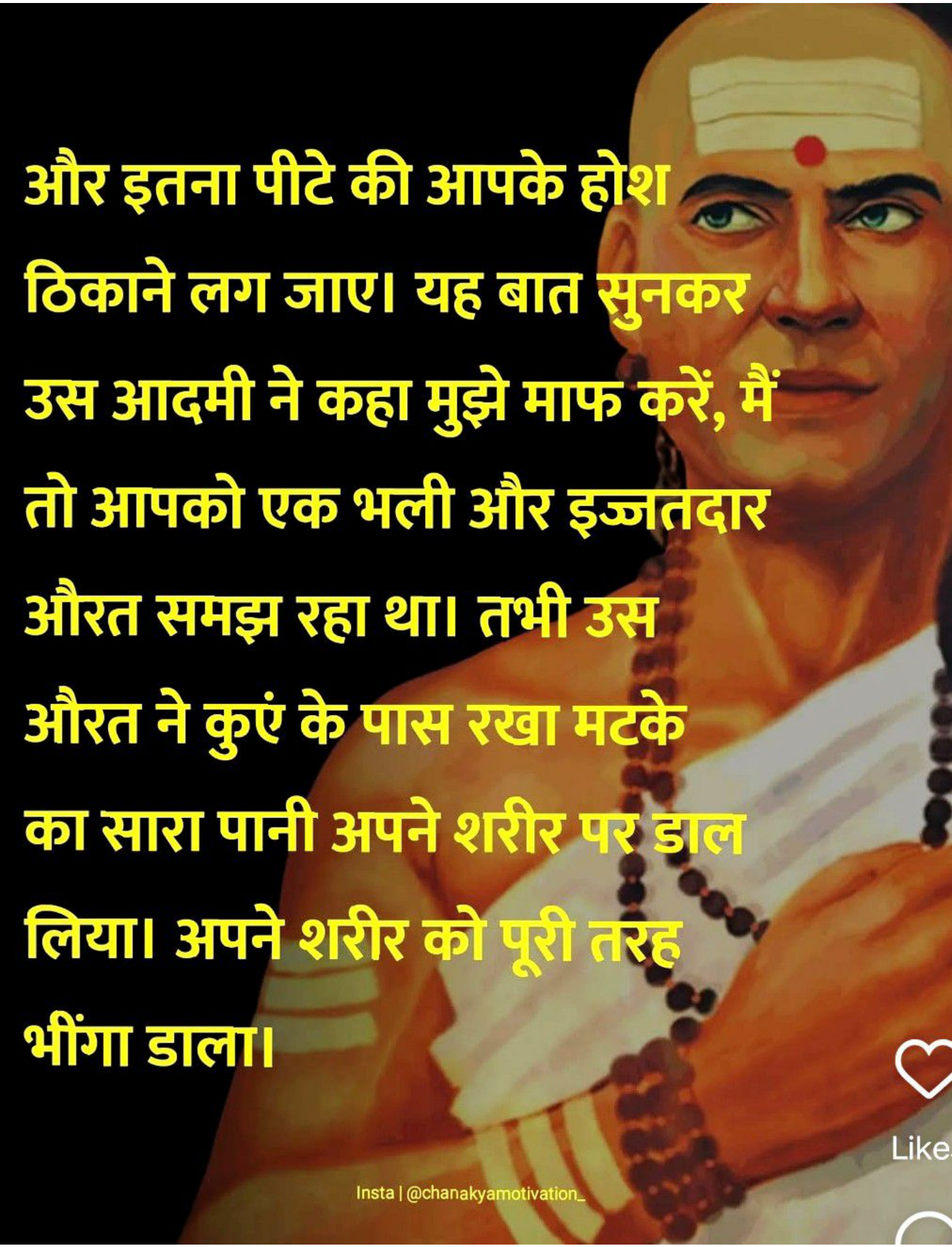
Likes


इतने देर में गांव वाले भी कुएं के पास पहुंच गए। गांव वालों ने उस औरत से पूछा कि क्या हुआ ? औरत ने कहा मैं कुएं में गिर गई थी इस भले आदमी ने मुझको बचा लिया। यदि यह आदमी यहां नही रहता तो आज मेरी जान चली जाती।
Like
Insta | @chanakyamotivation_


और इतना पीटे की आपके होश
ठिकाने लग जाए। यह बात सुनकर
उस आदमी ने कहा मुझे माफ करें, मैं
तो आपको एक भली और इज्जतदार
औरत समझ रहा था। तभी उस
औरत ने कुएं के पास रखा मटके
का सारा पानी अपने शरीर पर डाल
लिया। अपने शरीर को पूरी तरह
भींगा डाला।
Like
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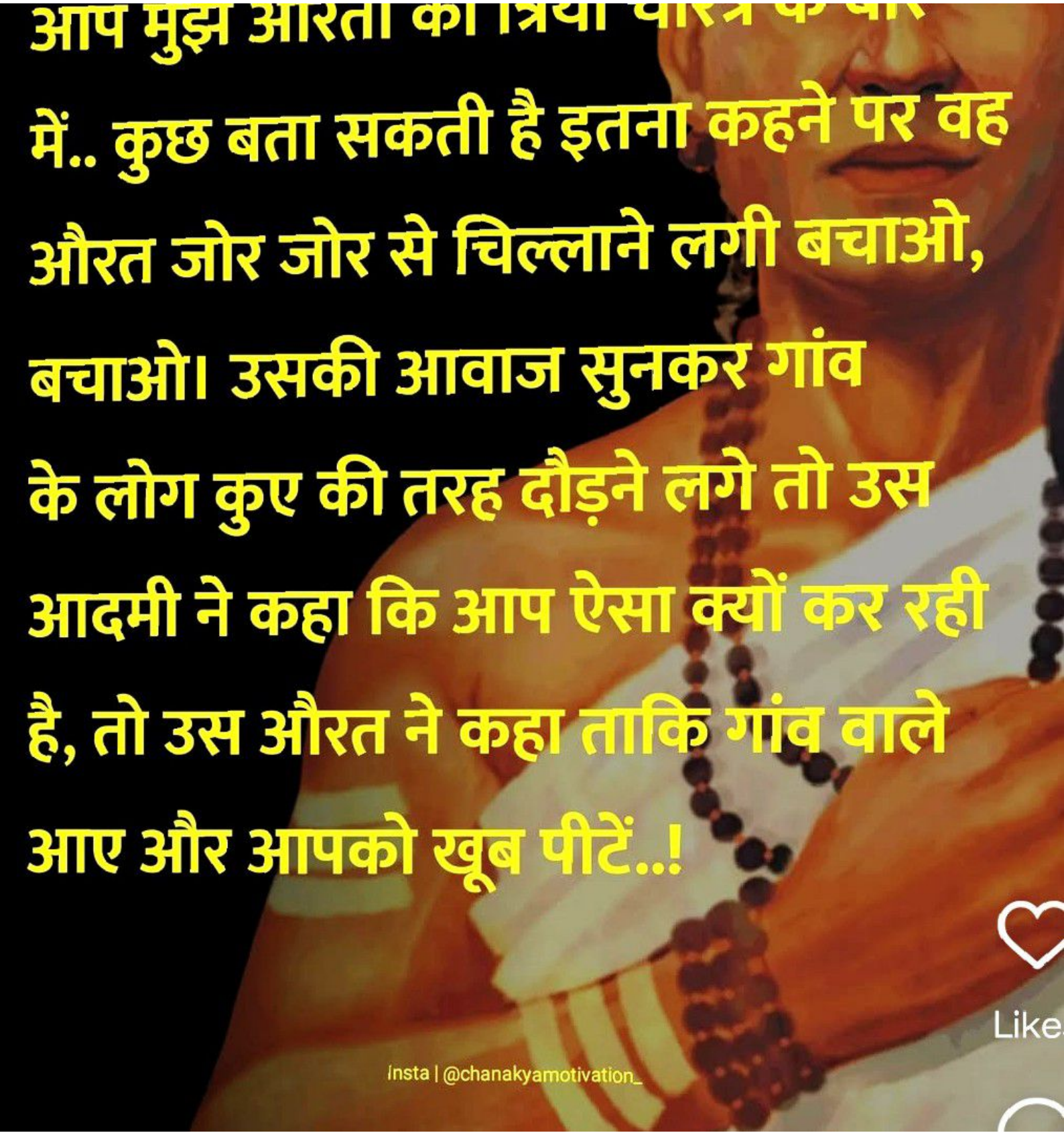
आप मुझ औरतों को स्त्रियों चरित्र के बारे
में.. कुछ बता सकती है इतना कहने पर वह
औरत जोर जोर से चिल्लाने लगी बचाओ,
बचाओ। उसकी आवाज सुनकर गांव
के लोग कुए की तरह दौड़ने लगे तो उस
आदमी ने कहा कि आप ऐसा क्यों कर रही
है, तो उस औरत ने कहा ताकि गांव वाले
आए और आपको खूब पीटें..!
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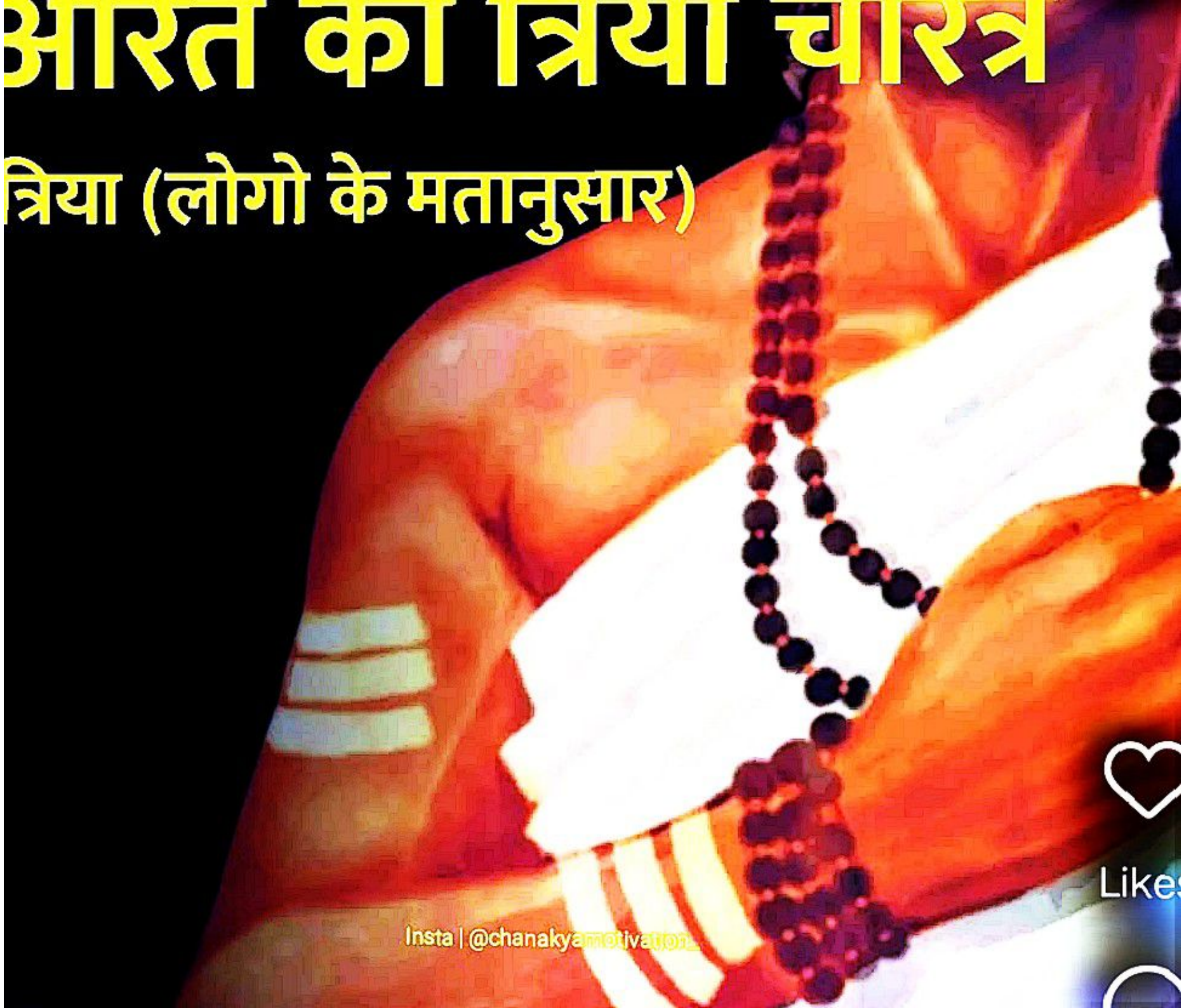
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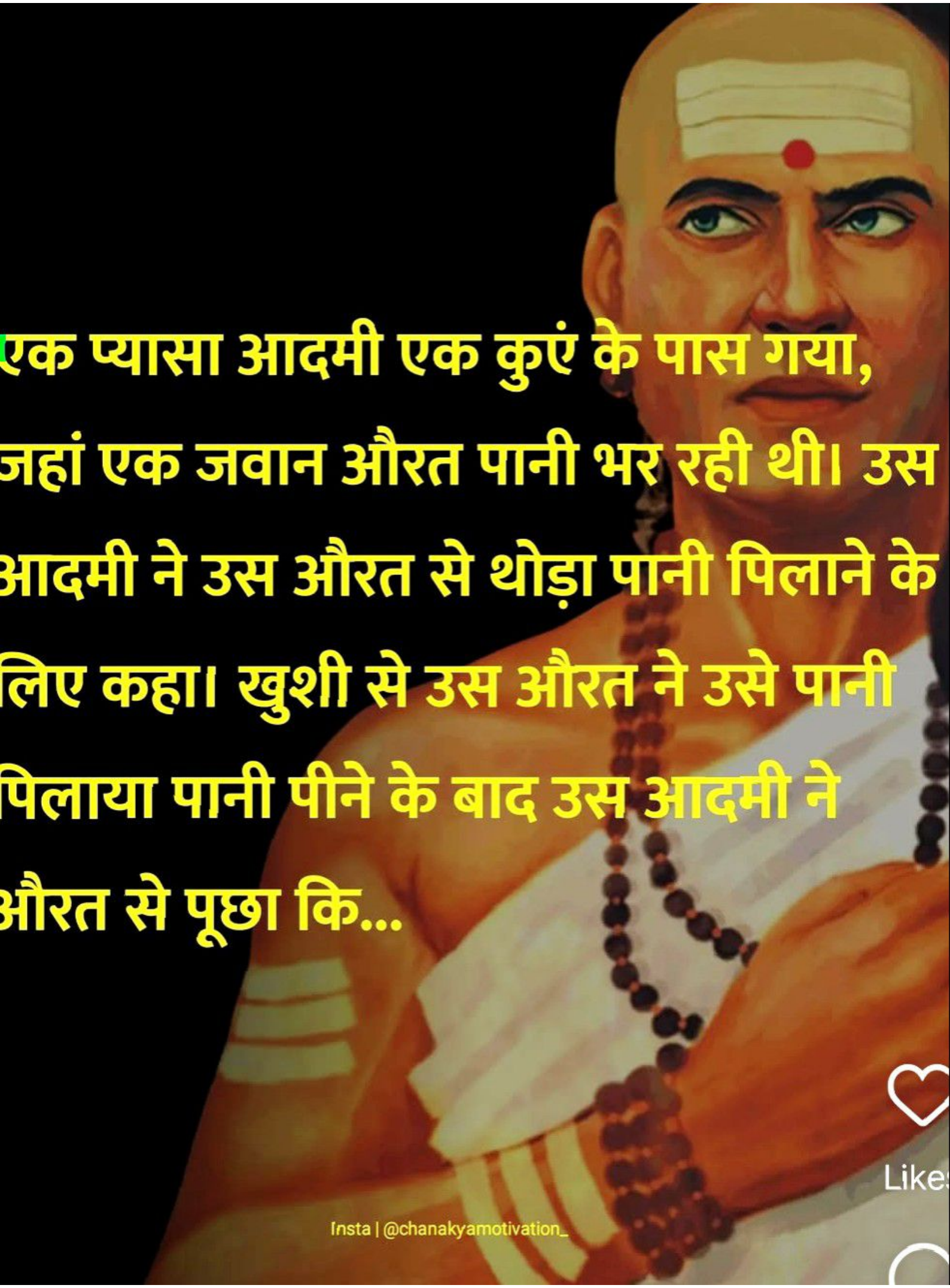
एक प्यासा आदमी एक कुएं के पास गया,
जहां एक जवान औरत पानी भर रही थी। उस
आदमी ने उस औरत से थोड़ा पानी पिलाने के
लिए कहा। खुशी से उस औरत ने उसे पानी
पिलाया पानी पीने के बाद उस आदमी ने
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"याद रखें, इंसान का मस्तिष्क जो सोच सकता है और जिसमें विश्वास कर सकता है, वह उसे हासिल भी कर सकता है।

"दोस्तों, यह थी 'थिंक एंड ग्रो रिच' की झलक। अगर आप इस किताब को पढ़कर अपनी सोच को बदलने और अमीर बनने की यात्रा शुरू करना चाहते हैं, तो हमारे पेज **h2kfactonic** से जुड़ें और अपनी रुचि के अनोखे और उपयोगी कंटेंट का आनंद लें। यहां आपको नई जानकारी, रोमांचक अपडेट्स और प्रेरणादायक विचार मिलेंगे जो आपकी जिंदगी को बेहतर बनाएंगे !"

6. प्रेरणादायक कहानियां

"थॉमस एडिसन ने 10,000 बार असफल होकर बल्ब बनाया। राइट ब्रदर्स ने सपनों को पंख दिए और हवाई जहाज बनाया। और मार्कोनी ने रेडियो का आविष्कार किया। अगर ये लोग असफलताओं से घबराते तो आज हम इन महान आविष्कारों का आनंद नहीं ले पाते

5: अमीर बनने के 6 कदम

"अमीर बनने के लिए नेपोलियन हिल ने 6 आसान और प्रभावी कदम बताए हैं:

1. अपने लक्ष्य की सही राशि तय करें।
2. तय करें कि उसके बदले में आप क्या देंगे।
3. लक्ष्य प्राप्त करने की समयसीमा तय करें।
4. एक योजना बनाएं और तुरंत उस पर काम शुरू करें।
5. सब कुछ लिखें।
6. अपनी योजना को दिन में 2 बार जोर से पढ़ें और खुद को visualize करें कि आप वह सब हासिल कर चुके हैं।"

4: प्रबल इच्छा का महत्व

"नेपोलियन हिल कहते हैं कि सिर्फ चाहने से कुछ नहीं होता, आपको 'प्रबल इच्छा' यानी दिल से चाहना होगा। जैसे एक योद्धा ने अपनी सेना के पीछे के जहाज जला दिए और कहा - या तो जीतेंगे या मरेंगे। यही प्रबल इच्छा थी जिसने उन्हें विजेता बनाया। अपने पीछे हटने के सारे रास्ते बंद कर दें और अपने लक्ष्य के लिए सब कुछ दांव पर लगा दें।"

3: असफलता से सीखें - 'सोने से तीन फुट दूर'

"आर. यू. डर्बी की कहानी बताती है कि असफलता के करीब आने पर लोग मैदान छोड़ देते हैं। लेकिन असली जीत वहीं होती है, जहाँ आप हार मानने से इनकार करते हैं। डर्बी ने सोने की खुदाई छोड़ दी, लेकिन एक विशेषज्ञ ने साबित कर दिया कि सोना बस 3 फुट की दूरी पर था। असफलता से सबक लें, लेकिन हार न मानें।"

2: एडविन बार्न्स की कहानी

"किताब में एडविन बार्न्स की कहानी का जिक्र है, जो महान वैज्ञानिक थॉमस एडिसन का बिजनेस पार्टनर बनने का सपना देखता था। शुरुआत में एडिसन ने उसे छोटा काम दिया, लेकिन बार्न्स ने कभी हार नहीं मानी। पांच साल बाद, उसने एडिसन की 'डिक्टेटिंग मशीन' बेची और सफलता की नई कहानी लिख दी। उसने साबित कर दिया कि सोचने की शक्ति से इंसान अमीर बन सकता है।"

1. किताब का परिचय

"थिंक एंड ग्रो रिच" के लेखक नेपोलियन हिल ने दुनिया के सबसे अमीर और सफल लोगों के सिद्धांतों को इस किताब में साझा किया है। यह सिर्फ एक किताब नहीं, बल्कि अमीर बनने का ब्लूप्रिंट है। इसे हल्के में लेना आपकी सबसे बड़ी गलती हो सकती है।"

क्या आप भी सोचते हैं कि अमीर कैसे बना जाए? क्या आपने कभी कल्पना की है कि सिर्फ सोचने से आप करोड़पति बन सकते हैं? आज हम आपको एक ऐसी अद्भुत किताब के बारे में बताएंगे जिसने हजारों लोगों की जिंदगी बदली है। जी हाँ, हम बात कर रहे हैं 'थिंक एंड ग्रो रिच' की। तो इस पोस्ट को अंत तक जरूर पढ़ें और जानें कि कैसे इस किताब के सिद्धांत आपकी जिंदगी को बदल सकते हैं।"

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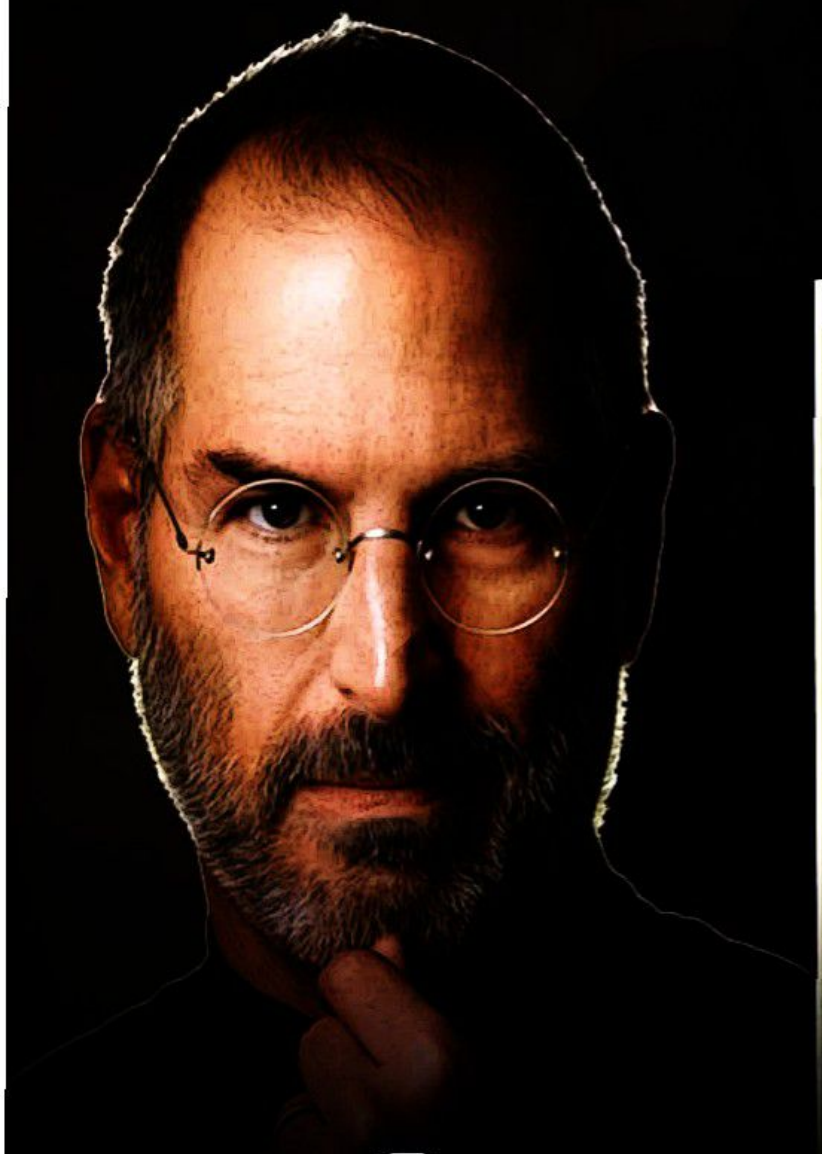

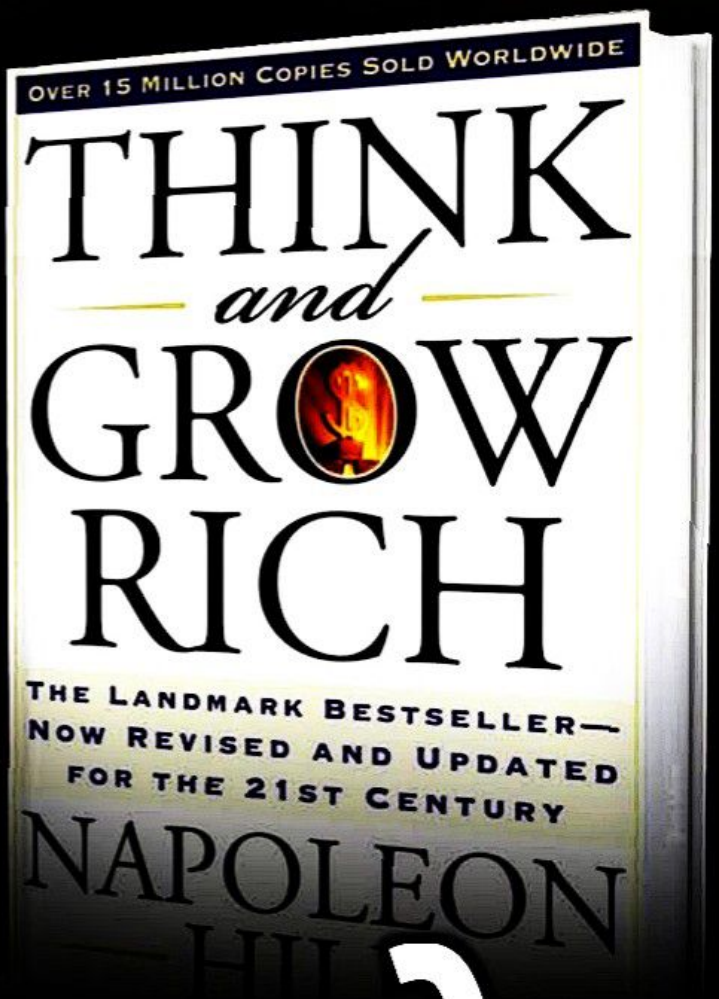
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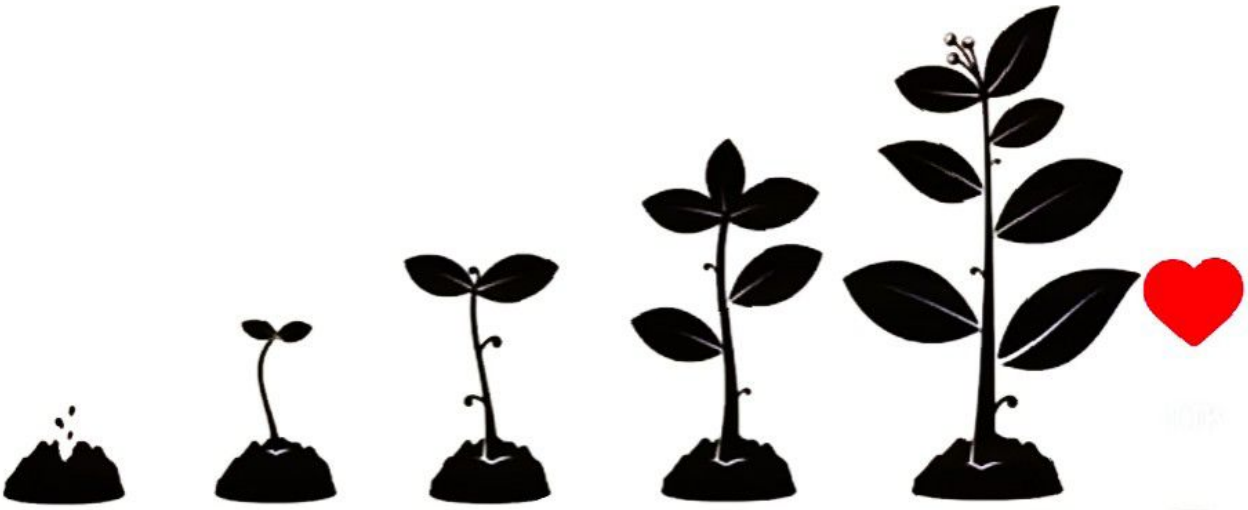
6. Circle Back.

Regularly review your progress and adjust as needed.
Discipline is about being adaptable, not rigid.

You can't improve on what you don't track.



5. Visualize.

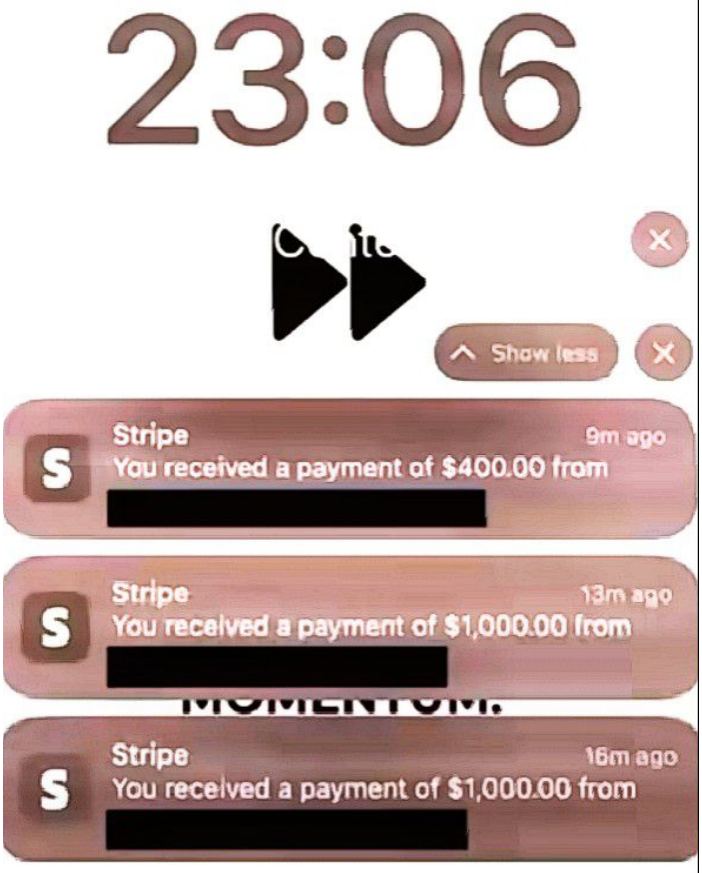
If you do not see riches in your imagination, you never will see them in your bank balance.

Visualisation isn't dreaming, it's mentally preparing for reality.

elebrate Small

ıs:

victory counts. Celebrati
tle things keep your
entum alive.



2. Routine is Key:

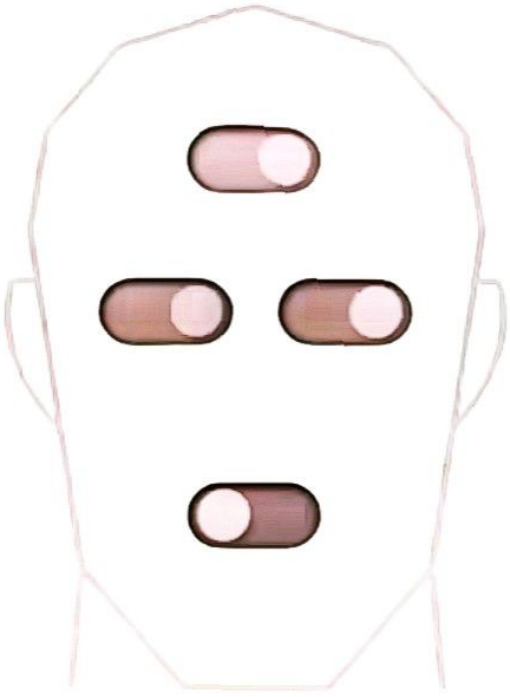
Set a daily routine that aligns with your goals.
Consistency turns whats difficult into second nature.

3. Mindset Matters:

Shift your mindset from:

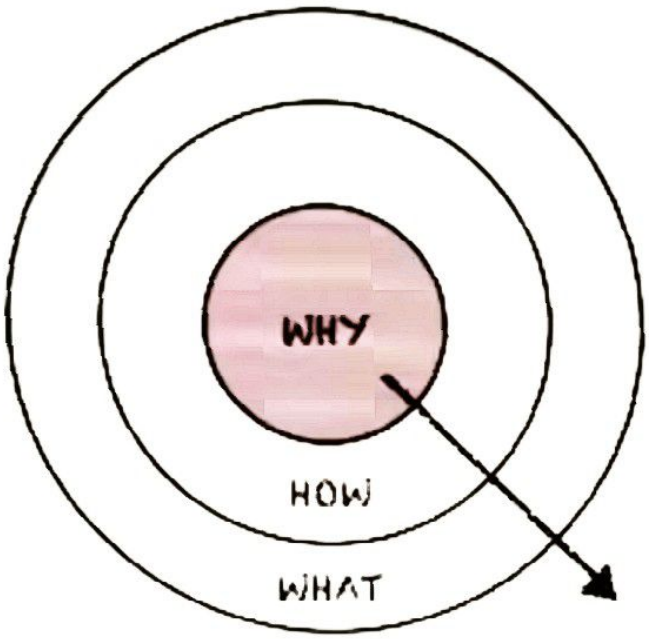
- **~~'have to'~~ 'get to'**

See discipline as an opportunity not a burden.



I. Find Your Why:

Your driving force. Connect every task to this deeper purpose, and watch motivation follow.



मानव शरीर के 24 तत्व

पंच तत्व

पृथ्वी

जल

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वायु

आकाश

पंच ज्ञानेंद्रियां

नाक

जिव्हा

आंखें

चर्म

कान

पंच तन्मात्रा

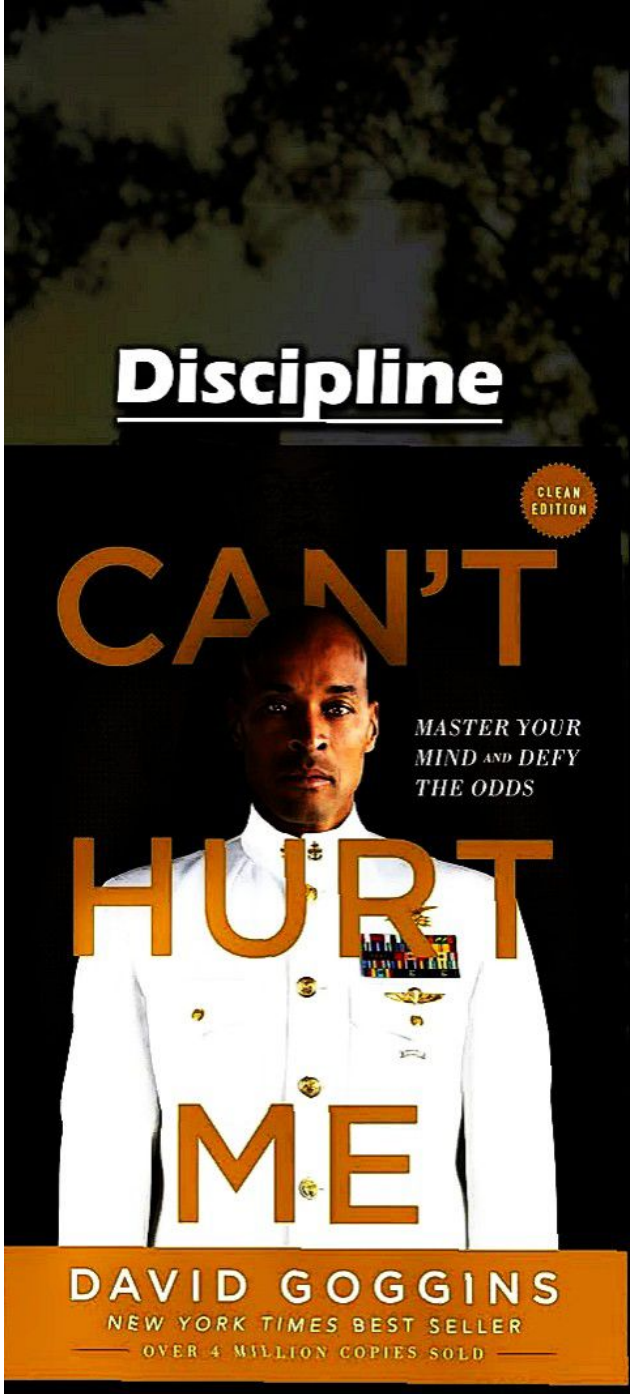
गंध रस रूप स्पर्श शब्द

पंच कर्मेंद्रिया

मुंह हाथ पैर प्रजनन अंग गुदा

चार अंतः करण

मन चित बुद्धि अहंकार



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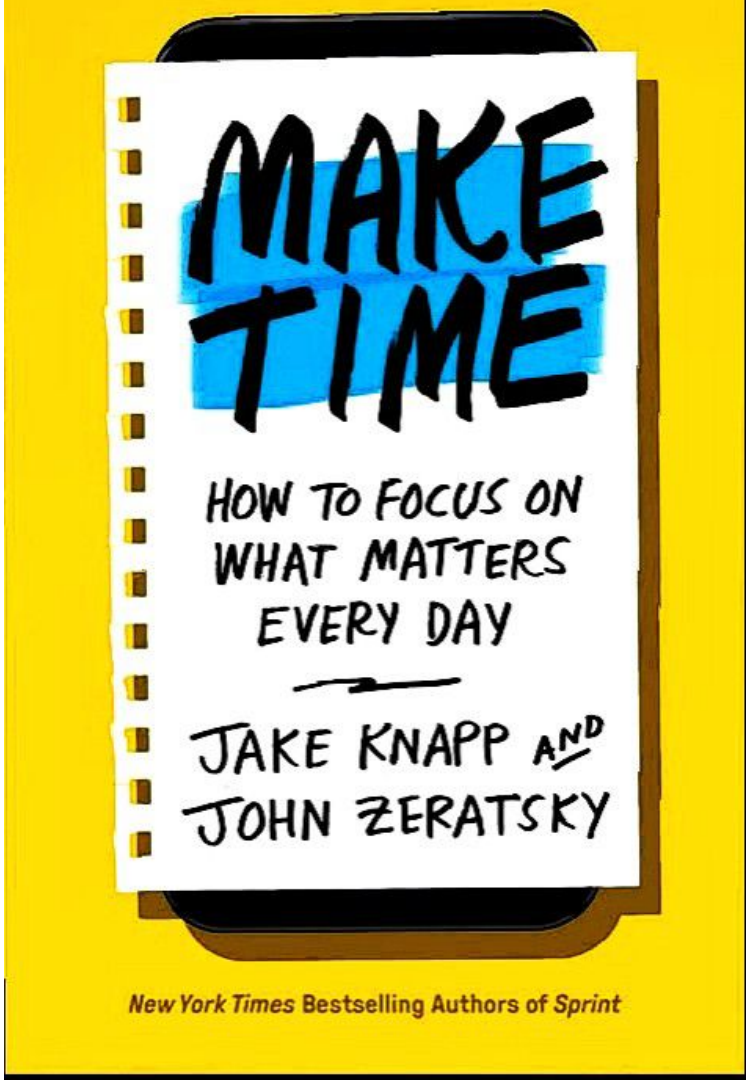
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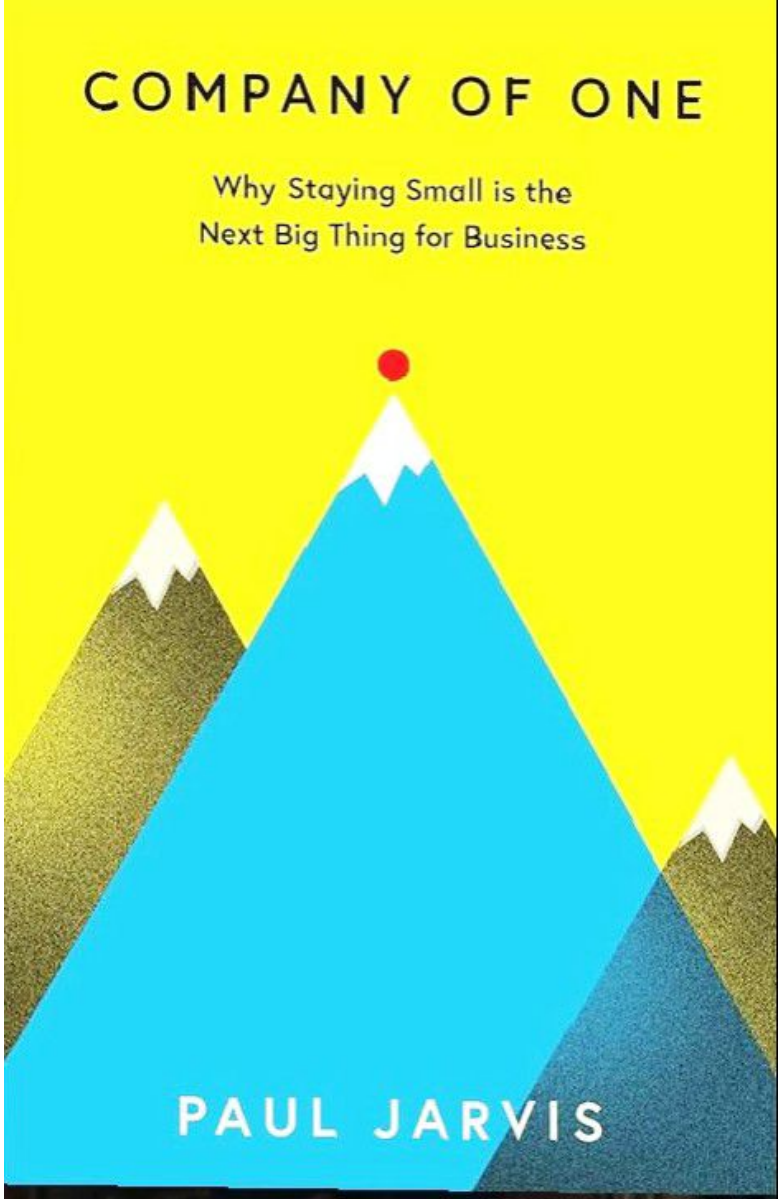

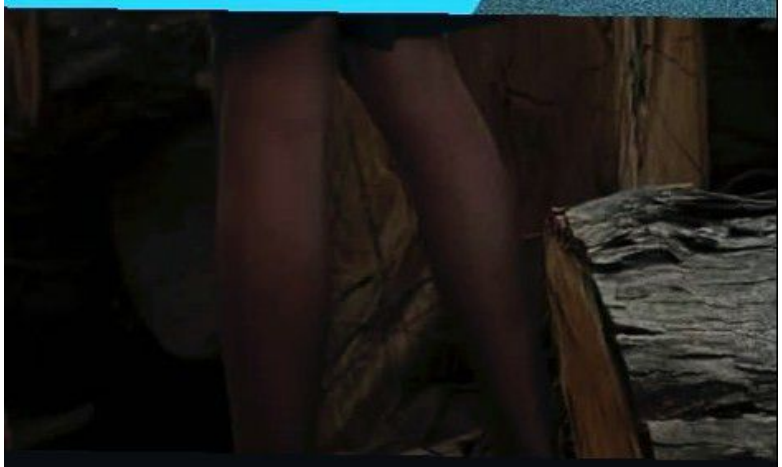

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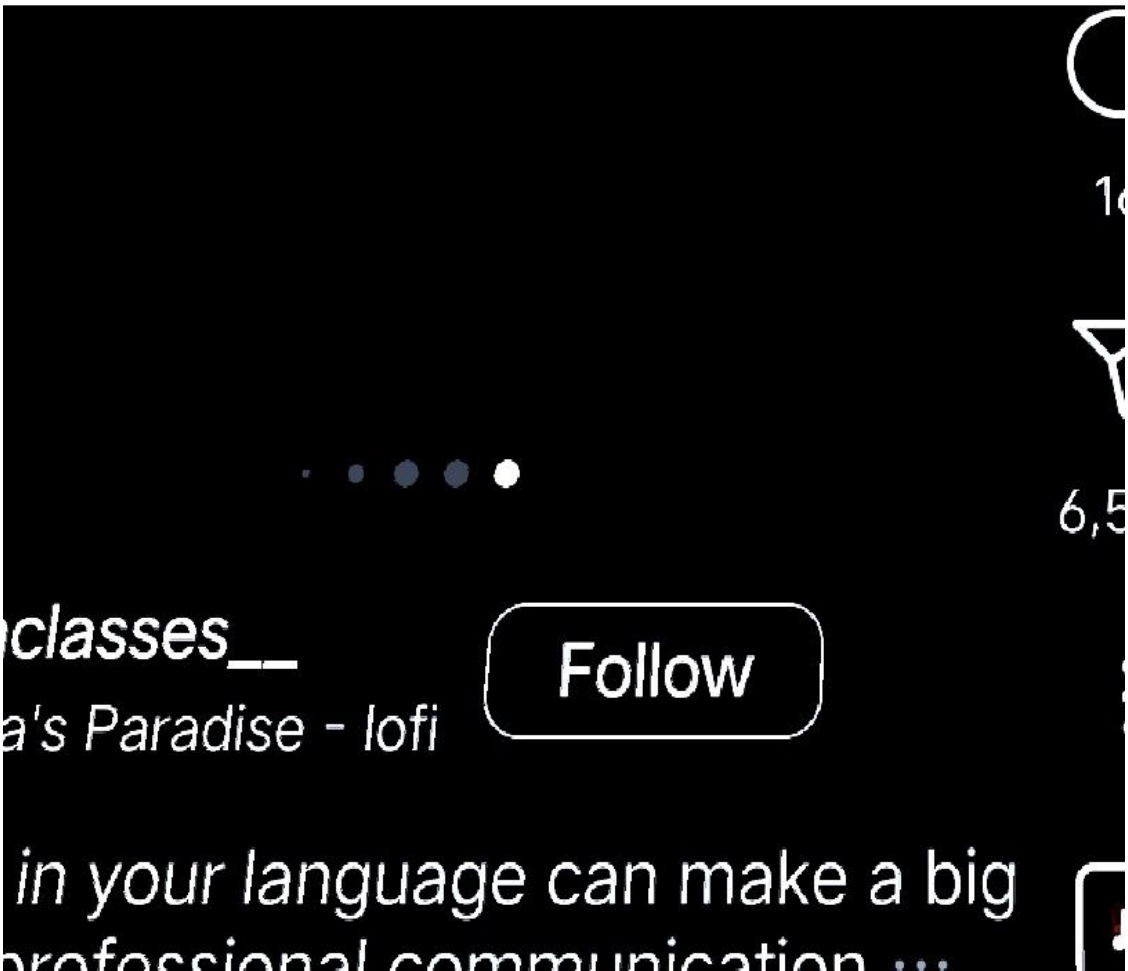
Instead of:

"I don't have time for this."

Say:

'My schedule is quite full right now;
could we discuss this later?"



nstead of:

don't care."

Say:

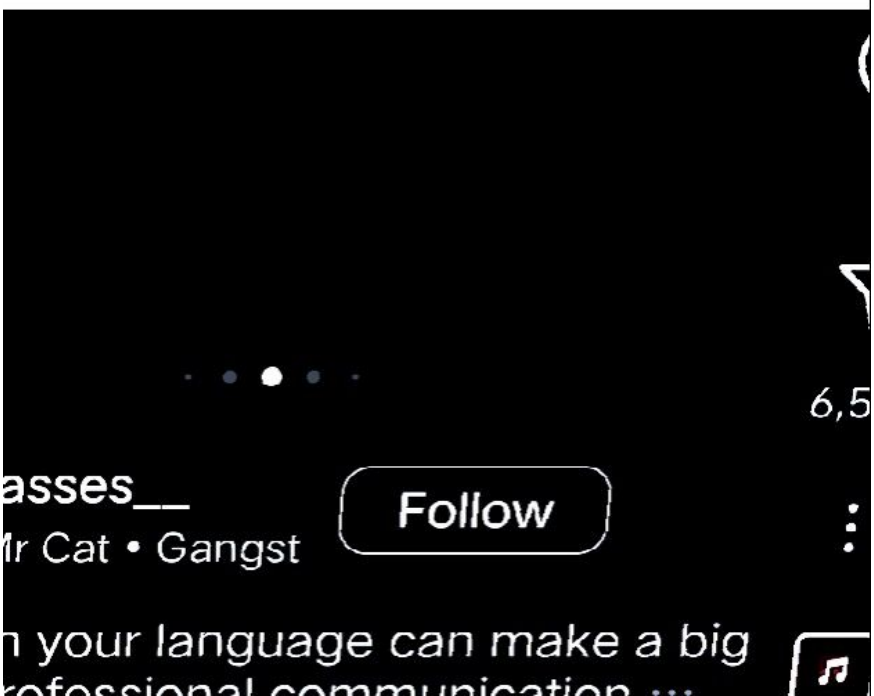
priority for me at the moment."

Instead of:

"You're wrong."

Say:

e it differently than you do."

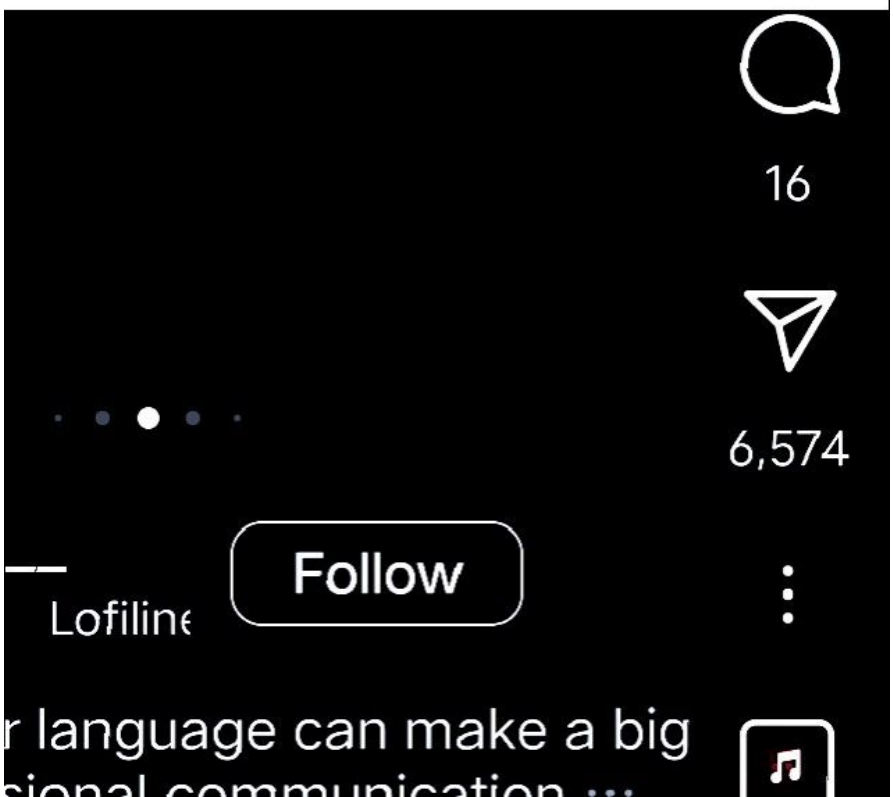


Instead of:

on't make sense."

Say:

arify what you mean by
that?"



Instead of:

"That's your problem, not mine."

Say:

That's something you'll need to resolve yourself."

Instead of:

"Whatever."

Say:

hat decision up to you."

Instead of:

I don't understand."

Say:

ou explain that a bit more?"

Instead of:

"That's stupid."

Say:

n't think that's the best approach."

Instead of:

one of your business."

Say:

keep this matter private."

9) टी शर्ट प्रिंटिंग के द्वारा मार्केटिंग करें।

10) गूगल एड्स के द्वारा मार्केटिंग करें।

11) फेसबुक एड्स के द्वारा मार्केटिंग करें।

12) लोकल अखबार के द्वारा मार्केटिंग करें।

13) लोकल ऑटो या टैक्सी के द्वारा मार्केटिंग करें।

14) कस्टमर को Labelling के साथ फ्री गिफ्ट दो।

15) इसेथा सीखते रहने के लिए इसे फॉलो अवश्य करें

) गूगल मैप पर रजिस्टर करें।
2) Justdial पर रजिस्ट्रेशन करें।
3) यूट्यूब पर विडियोज अपलोड करके मार्केटिंग करें।
4) फेसबुक पेज के द्वारा मार्केटिंग करें।
5) बिजनेस कार्ड द्वारा मार्केटिंग करें।
6) पोस्टर बटवा कर मार्केटिंग करें।
7) पोस्टर लगाकर मार्केटिंग करें।
8) लोकल टेडियो के द्वारा मार्केटिंग करें।
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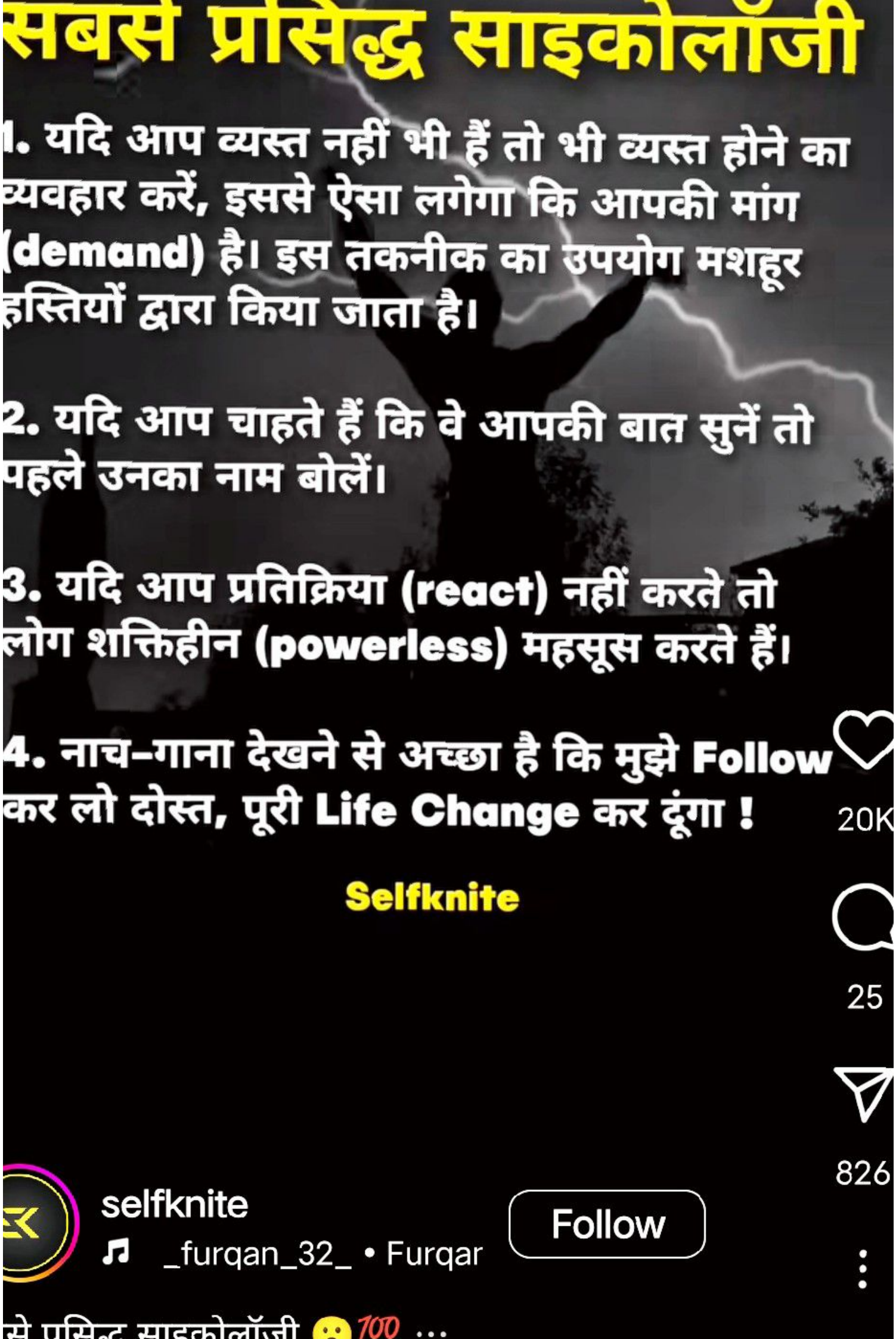
सबसे प्रसिद्ध साइकोलॉजी
1. यदि आप व्यस्त नहीं भी हैं तो भी व्यस्त होने का व्यवहार करें, इससे ऐसा लगेगा कि आपकी मांग (demand) है। इस तकनीक का उपयोग मशहूर हस्तियों द्वारा किया जाता है।
2. यदि आप चाहते हैं कि वे आपकी बात सुनें तो पहले उनका नाम बोलें।
3. यदि आप प्रतिक्रिया (react) नहीं करते तो लोग शक्तिहीन (powerless) महसूस करते हैं।
4. नाच-गाना देखने से अच्छा है कि मुझे Follow कर लो दोस्त, पूरी Life Change कर दूंगा !
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Comment the word "SEND" below and I'll message it to you.

13.4k

Thanks for reading till the end if you did.

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That's all.

I've got a ton more to share.

If you liked this, give me a follow @thekunalshah where I've been documenting my journey.

I've got a free gift for you in the next slide.

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30) Self-doubt kills more dreams than failure ever would. Get over your self-doubt. Start and do the thing even if you are scared. This is how you get ahead in life and make progress.

31) Read books on self-improvement, human psychology, making money, learning skills, there's literally a book out there for everything. Make it a habit to read 1 chapter a day every single day.

32) Start loving the journey more than the destination, that's how you'll reach the destination without even realizing how long it took you.

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27) Learn to recognize when you suck at something. The worst thing you can do when you suck at something is stay in denial. Recognize it and work towards not sucking at it.

28) Your friend circle will go from 100 to 3 close friends when you are building something worth while. That's okay. Keep at it

29) You will get an ego when you become successful, make sure to recognize it and humble yourself (been happening a lot with me recently)

13.4

565

Kunal Shah

@thekunalshah

23) The only thing that will stop you from winning big is quitting, so just don't quit.

24) Manifesting is real. But manifesting without work is dumb.

25) When you are starting out, you don't need a morning routing. Just get up early, work till late, and get a lot of shit done.

26) When you feel like you've given a 100% and still haven't made it, you probably haven't given a 100%. Go at it again, but this time go harder.

13.4k

565

10.6k

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20) Don't ignore your health. Workout, eat good, walk, play sports, do everything possible in your control to live as long as possible.

21) Never forget your "WHY", whatever you do in life always remember your why, it will keep on pushing you especially on the days you feel like giving up.

22) There are no get rich quick schemes. But there are faster paths and slower paths, the choice is yours.

3.4K

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17) Stop being stingy. If you want to attract a good life, wealth, and freedom... being stingy should be the last thing you should be. Your stingy energy will scare all the good things in life away.

18) Fix your mindset. Half the journey to success is dependent on your mindset. Stuck? Fix your mindset. Broke? Fix your mindset. It all starts with your mindset.

19) Delete the phrase "I'll start tomorrow", and your life will improve almost immediately.

13.4K

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15) Skills to stack: Marketing, sales, copywriting, human psychology, building an audience online, crtitical thinking, networking, time management.

16) If you want an average life, stick to a 9-5 job. If you want an above average life, stick to a 9-5 job and start a side hustle. Work on it till it makes more than your 9-5. You will never get rich selling your time, learn how to sell value instead, it's more scalable.

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12) Learn to control your emotions. It's easy to say something rude in the moment and feel good about it, but it never leads to anything good.

13) Have a plan, but don't let planning stop you from taking action right now.
Action > Planning.

14) Make yourself irreplaceable. The easiest way to do this is by stacking skills, get good at one skill and start learning the next and keep stacking these skills up and you'll be irreplaceable.

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10) Don't half-ass it. Whatever you decide to do, give it your 100% or don't do it at all. There should only be a way up, no option to back down. You put 100% in and you keep learning and figuring it out till you win big.

11) There's a ton of opportunities because of social media, but at the same time there's a ton of distractions as well. But the good news is the choice is yours. Make the choice of focusing on the opportunities, force yourself

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7) If you are broke, do everything in your power and control to make money ASAP. The world is cruel to broke men.

8) You will make your first $100k from pure force and hardwork. There is no other way. Skip parties, disappear, do whatever it takes to get $100k in liquid cash.

9) Stop being a consumer of content on social media, start producing content (this changed my life).

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4) Invest in yourself before you invest in the stock market. Investing in yourself will always pay the highest returns.

5) Stop being afraid of "what will people think" just do the thing anyway, cause no one cares (except your mum). Don't let the fear of "what will people think" hold you back ever.

6) No one is coming to save you. The sooner you realize this, the sooner you will start taking control over your life.

13.4K

565

Kunal Shah

@thekunalshah

1) Start before you are ready. This is the best piece of advice I can give you. Just start. You will figure it out along the way.

2) Stop wishing for a better hand, play the hand your were dealt. Focus your energy on what you can CONTROL.

3) Focus. Start one thing. Get so good at it and win so big with it, then and only then shift your focus to other things.

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Today I turn 27.

I started taking my life seriously at 22.

In these 5 years I've retired my mum, taken full responsibility for my mum and younger sister, made over $1m+ while living in a third world country.

Here are 32 unique lesson I've learned along the way (in no particular order):

13.4k

565

Kitchen Helper

The Ruby Hotel

near medical college, trivandrum, Thiruvananthapuram, Kerala

Profile insights

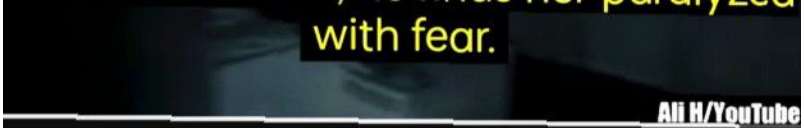
Here's how the job qualifications align with your pro

Skills

Restaurant experience

Kitchen experience **Cooking**

Do you have experience in **Restaurant e**



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9. Resume ResumAI.com
10..Search engine - Gptgo.ai
11. Notes - Reflect.app
12. Blogs - Autoblogger.ai
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15. Summarize messages - Spoke.ai

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अंबानी का सीक्रेट प्लान लीक

मुकेश अंबानी की कंपनी ने 2025 के लिए एक बड़ा बजट बनाया है जिसमे से 1 हजार करोड़ से ज्यादा रुपए एक छोटी कंपनी को खरीदने में लगाएगी, ये छोटी कंपनी शराब के बोतल बनाती है। इसका शेयर अभी 2.03 रुपए का मिल रहा है जो 300 तक जाएगा आपका 2 हजार यहां 3 लाख बन जाएंगा इस शेयर का अभी किसी को पता नही है इसलिए आपके लिए टेलीग्राम चैनल पर नाम डाला हैं जानने के लिए बायो की लिंक से ज्वॉइन करें।

फ्री टेलीग्राम चैनल का लिंक इस पेज के बायो में

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12 hours ago

When you block out distractions and truly believe in yourself, you can achieve what others can't even imagine—that was a huge lesson for me.

Source: An interview while talking about "Visualization" and and self-belief

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Hai (feat. Shah Rukh

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WHEN IN COLLEGE

GO TO LECTURES

START TO NETWORK

STUDY HARD

GET CONNECTIONS

LEARN A SKILL

TALK TO PROFESSOR

FIND A MENTOR

ASK QUESTIONS

RESEARCH CAREERS

FORM GROUPS

START SIDE HUSTLE

JOIN A CLUB

MANAGE FINANCE

GO TO DISCUSSION

HAVE FUN

DO THE WORK

Johar Hazaribagh · 150 views · 6 minutes ago

warikoo
22 hours ago

The biggest irony of life:

Smart people believe that they don't know everything.
Mediocre people believe that they know everything!

Imagine how different the world would be if smart people had the confidence of mediocre people.

I wish wise people were wiser to see the wisdom that lies within them, instead of noticing it in everyone but themselves.

I wish all of that for you - to know confidently how much you are capable of!

PS: For more such thoughts to increase your awareness, my WhatsApp channel is for you.

Join 118,000 people here: https://bit.ly/4eqnKqL

manifestwithkk123
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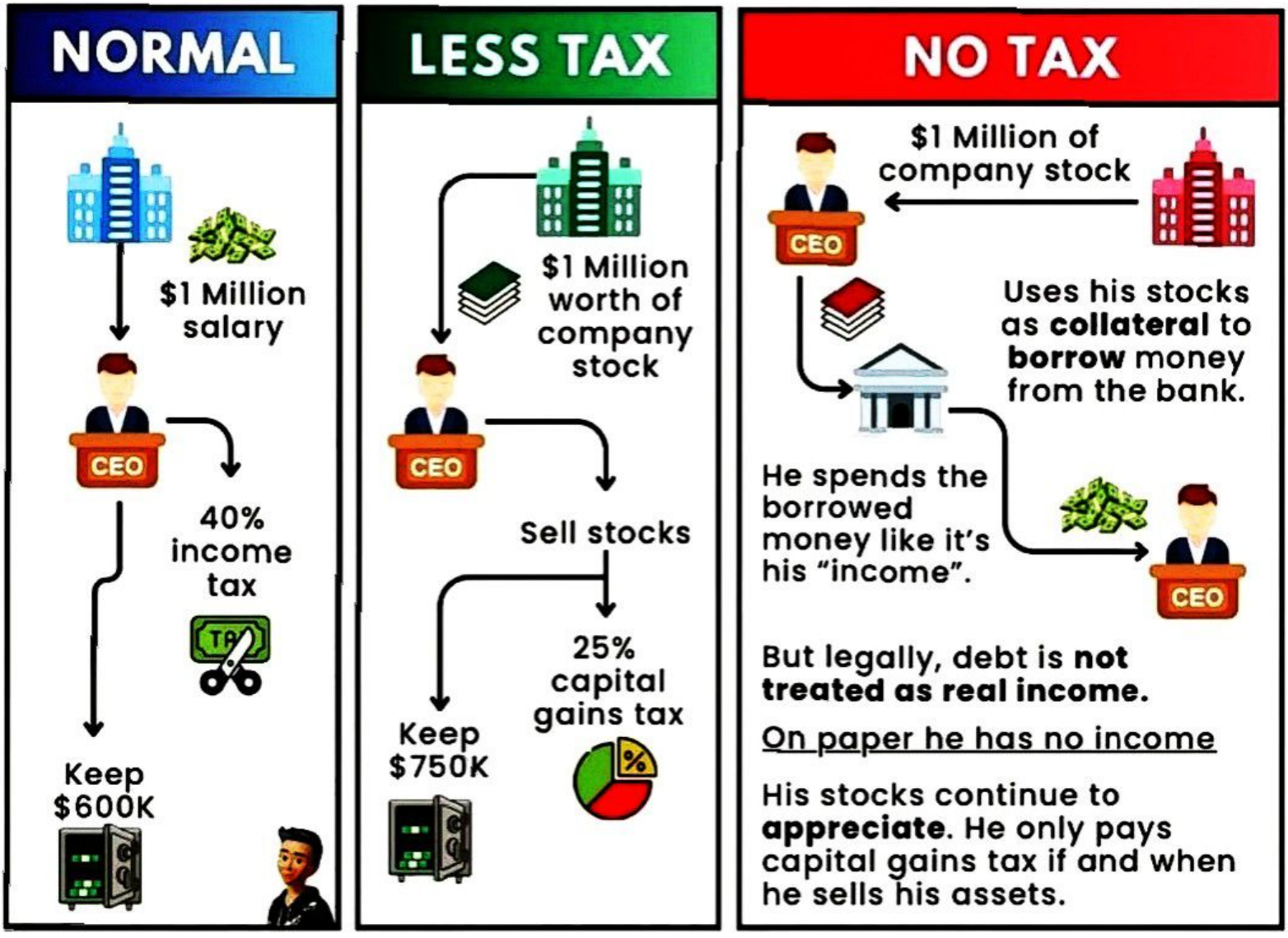
"आकर्षण का नियम कहता है:
जैसा महसूस करोगे, वैसा ही पाओगे।"

How Rich People Pay No Taxes


NORMAL
$1 Million salary
CEO
40% income tax
Keep $600K
LESS TAX
$1 Million worth of company stock
CEO
Sell stocks
25% capital gains tax
Keep $750K
NO TAX
$1 Million of company stock
CEO
Uses his stocks as collateral to borrow money from the bank.
He spends the borrowed money like it's his "income".
CEO
But legally, debt is not treated as real income.
On paper he has no income
His stocks continue to appreciate. He only pays capital gains tax if and when he sells his assets.

@v.cosmeticearth

1.9M
Credit : Mamaraazzi
3,585
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88.88sx 3w

@_sanoop_sasidharan_ thanks homiee☺️

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Prakhar had a course "art of conversation"

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Listen to Jordan Peterson might help

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YouTube :Chris voss- how to succeed at hard conversations.

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Bhai Bol Bhi Kon Raha Hai 🤡

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This is the same advice i give to everyone -"art of speaking"

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कोई तुम्हारी वजह से खुश हो
यह भी दान ही है !
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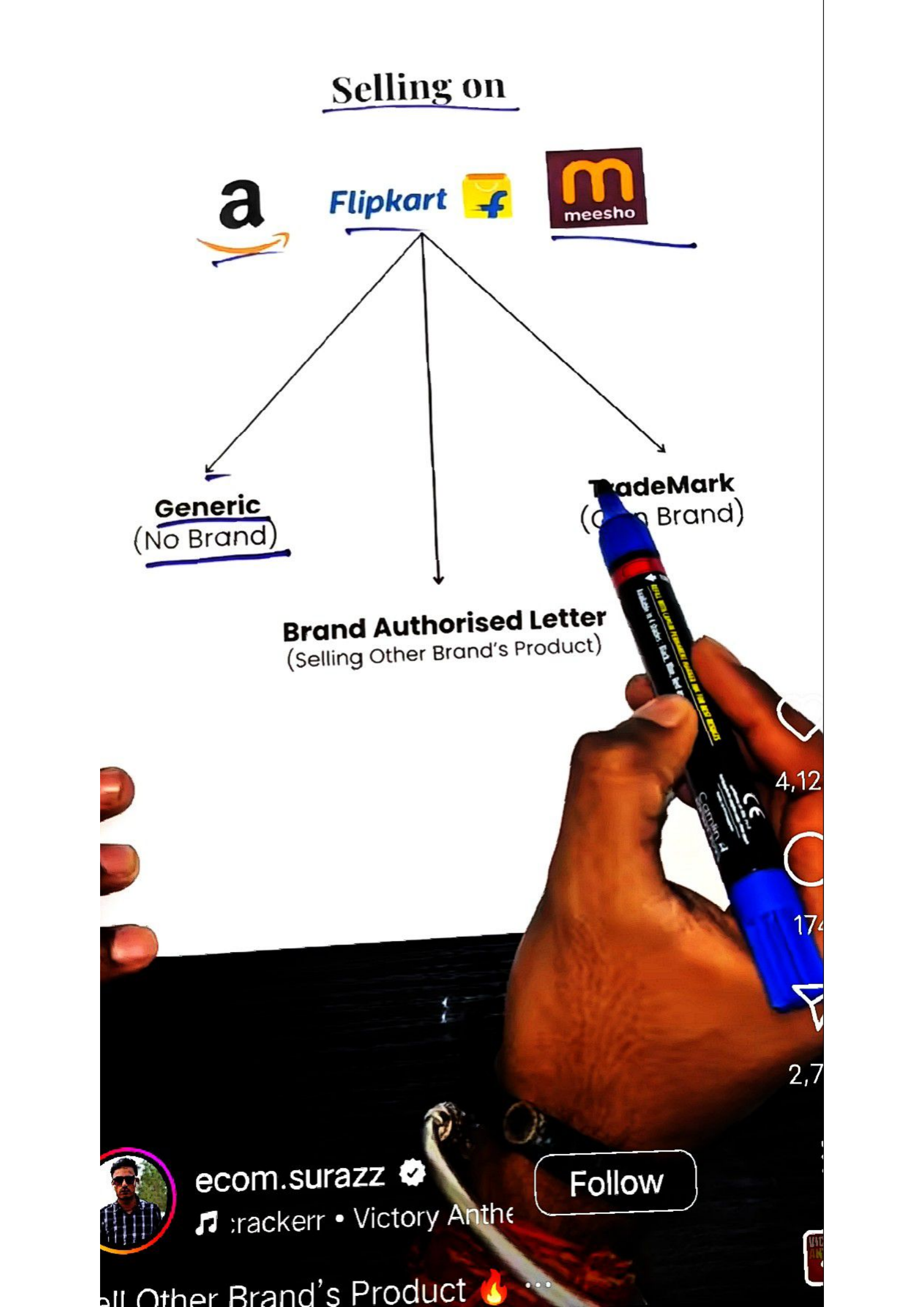
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10 करोड़ कमाने के ताकतवर रास्ते

1) ठेके लेलो
- सरकारी ठेके ले
- टेंडर लेले
- नेताओं से मिले

2) एजेंसी खोलो
- डिजिटल मार्केटिंग
- PR एजेंसी
- गैस एजेंसी

3) ब्रोकिंग फर्म
- UPSTOX
- Angel One
- Zerodha

4) ट्रक बिजनेस
- फाइनेंस कराओ
- पहचान बढ़ाओ
- ज्यादा तर्क खरीदो

5) हार्वेस्टर चलाओ
- किसानों से जुड़ो
- इसपर सर्च करो
- अच्छा पैसा बनाओ

6) ट्रेडिंग करो
- ट्रेडिंग सिखाओ
- क्रोस बेचो
- इन्वेस्ट करो

7,60

पैसों के बारे में सीखने के लिए पेज को फॉलो करें व पोस्ट को सेव करलें

The human eye can only see between 430-770 Thz. Our ears can only detect sound between 20Hz-20kHz. These ranges make up a fraction of the total sound & light frequency range. This means there is a lot going on around us that we can not see or hear.

80K

1,990

65.5K

scienceoftheuniverse

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पहले और
दुश्मनी
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एनालिसिस
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11:11

This is sign that you don't need to force anything to happen. Just surrender, have faith, and watch everything unfold perfectly for you.

Type "Yes" if you are ready.

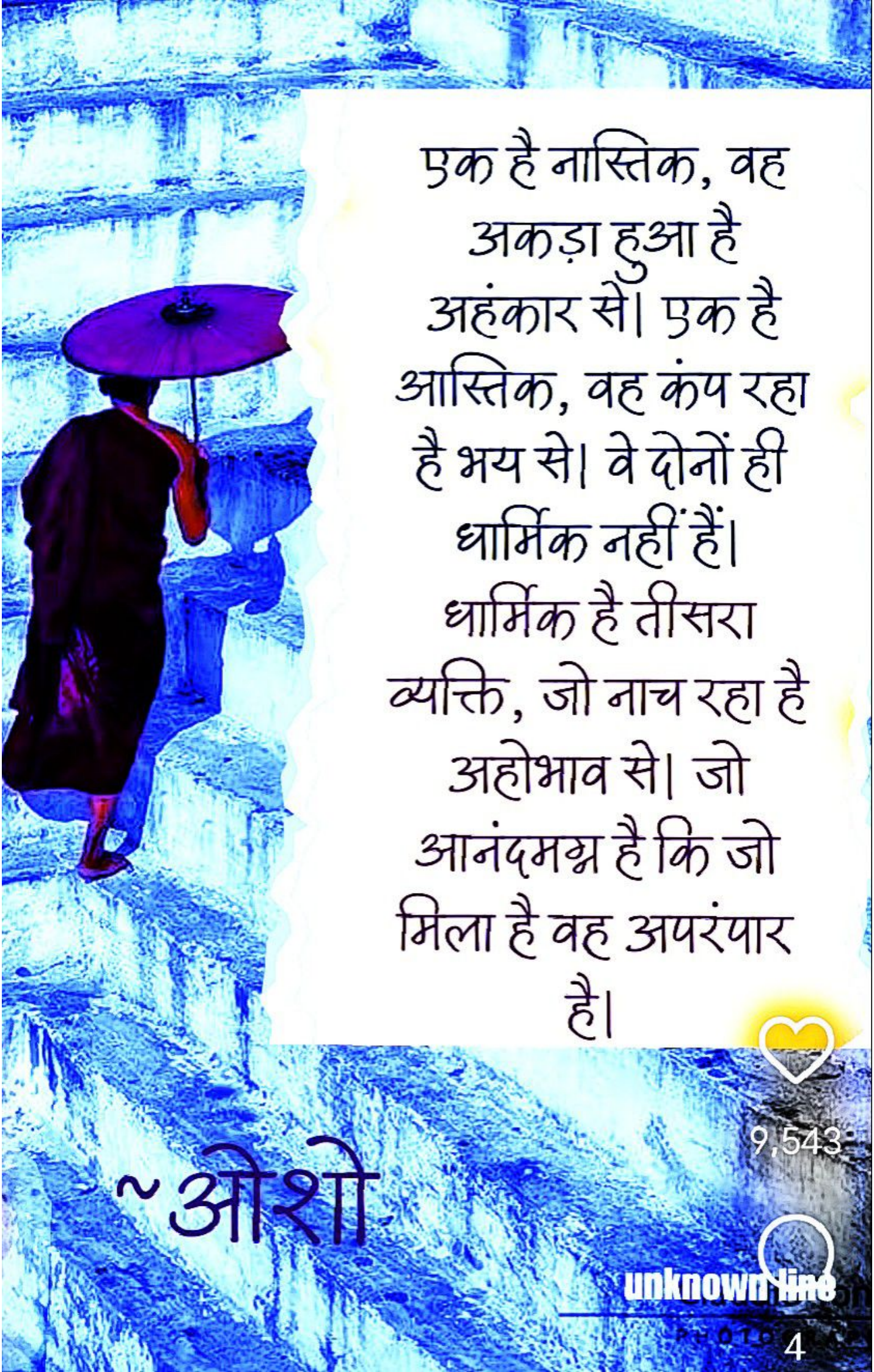
Skincare for oily skin

Cleanser

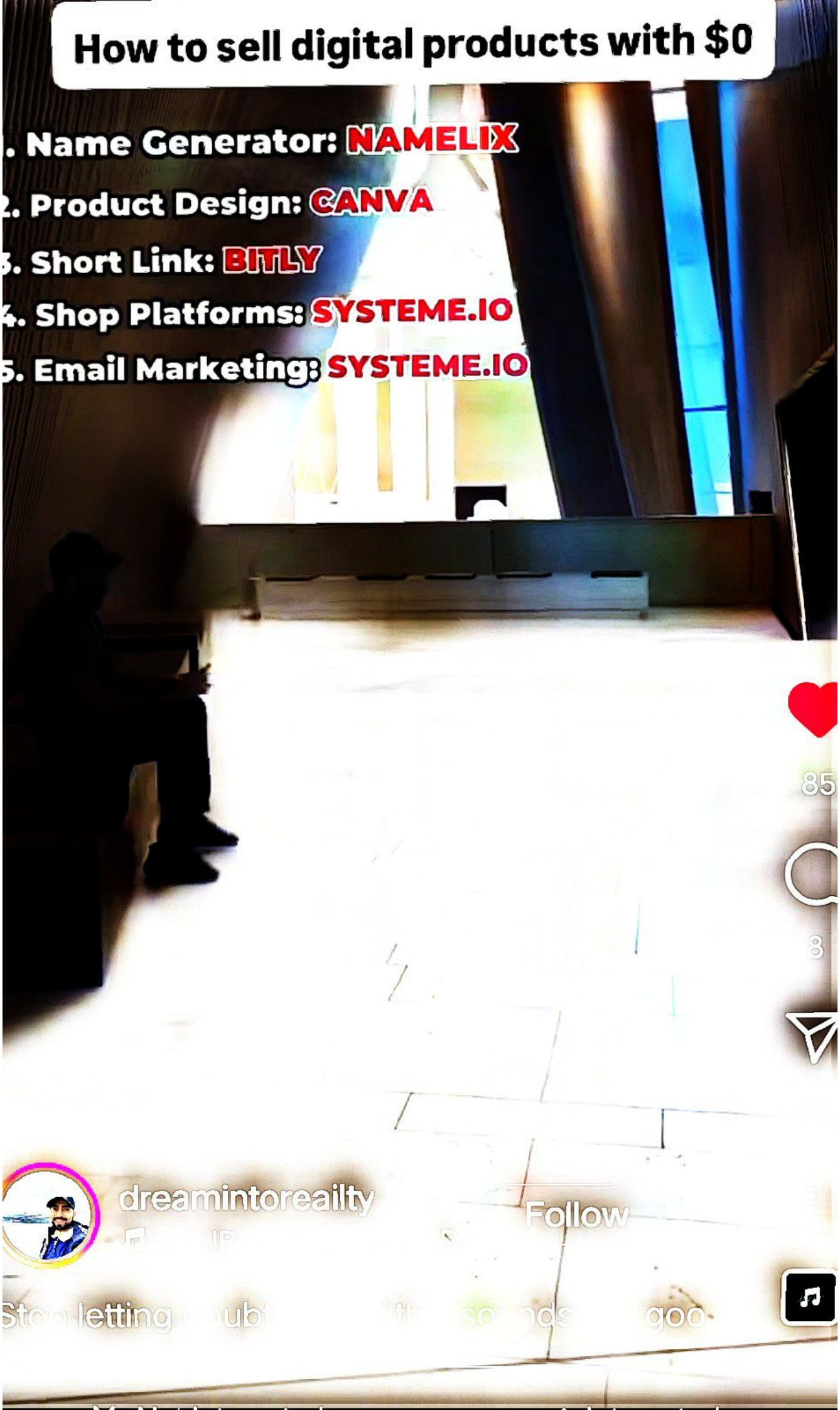
Treatment

Moisturiser

Spf


एक है नास्तिक, वह अकड़ा हुआ है अहंकार से। एक है आस्तिक, वह कंप रहा है भय से। वे दोनों ही धार्मिक नहीं हैं। धार्मिक है तीसरा व्यक्ति, जो नाच रहा है अहोभाव से। जो आनंदमग्न है कि जो मिला है वह अपरंपार है।
~ओशो
9,543
unknownline
PHOTO
4

मेरे लिए
"प्रकृति"ही ईश्वर
है
विज्ञान ही "सत्य"
हैं
"इंसानियत" ही
धर्म है
और "कर्म" ही
पूजा है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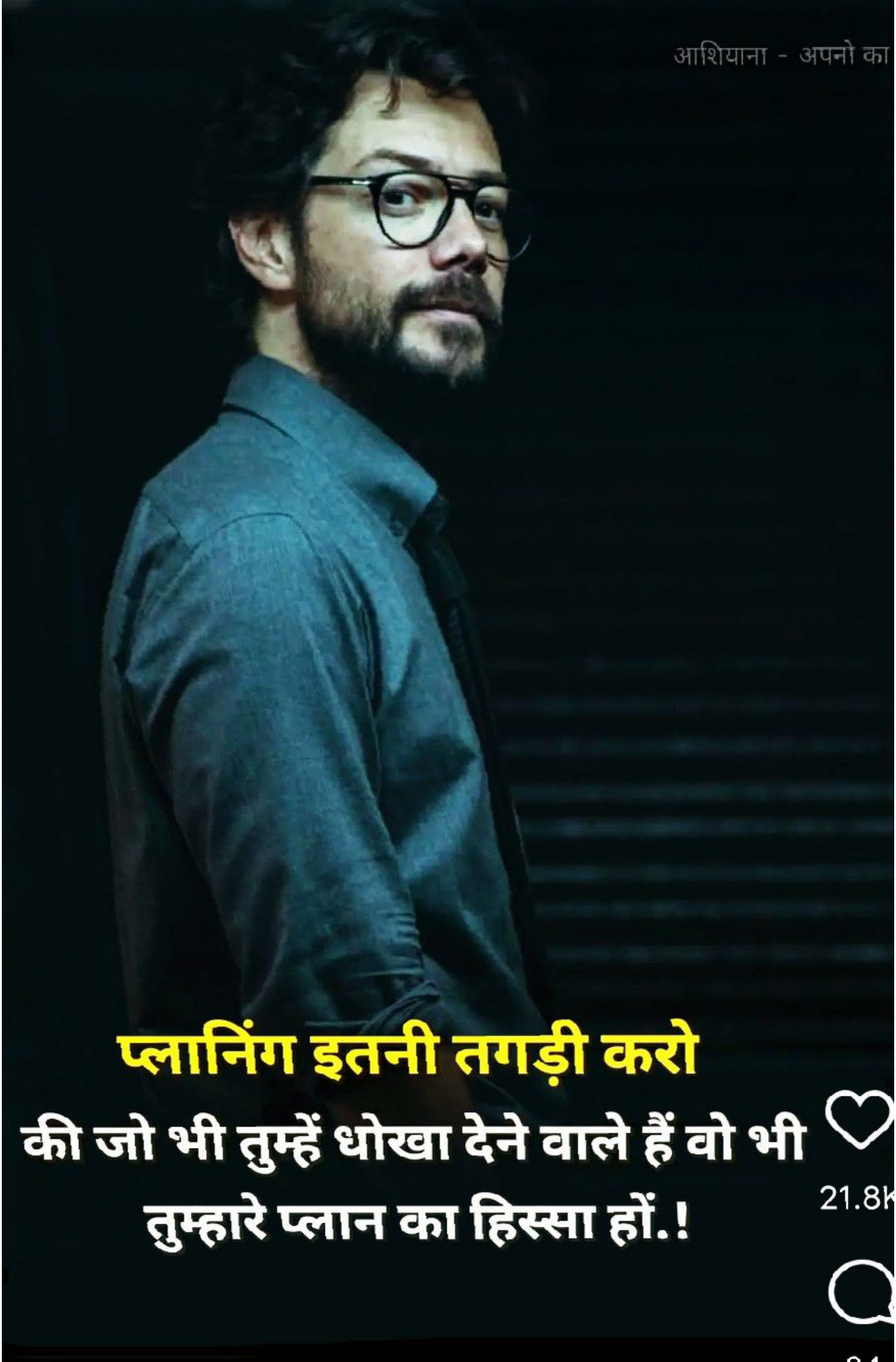
ng money *is* a **discipline**

g money *is* an **art.**



प्लानिंग इतनी तगड़ी करो
की जो भी तुम्हें धोखा देने वाले हैं वो भी
तुम्हारे प्लान का हिस्सा हों.!

21.8k

ऐसे खर्चा किजिए

(आप अपनी कमाई को इस तरीके से खर्चा किजिए जिससे आपका भविष्य के साथ वर्तमान भी अच्छा रहेगा)

• मान लीजिए आपकी सैलरी 100 रुपए है तो आपको कुछ इस प्रकार अपना खर्चा करना चाहिए :-

30% खर्चा किजिए अपनी जरूरत की चीज़ों पर

20% शौक पर

30% इन्वेस्टमेंट

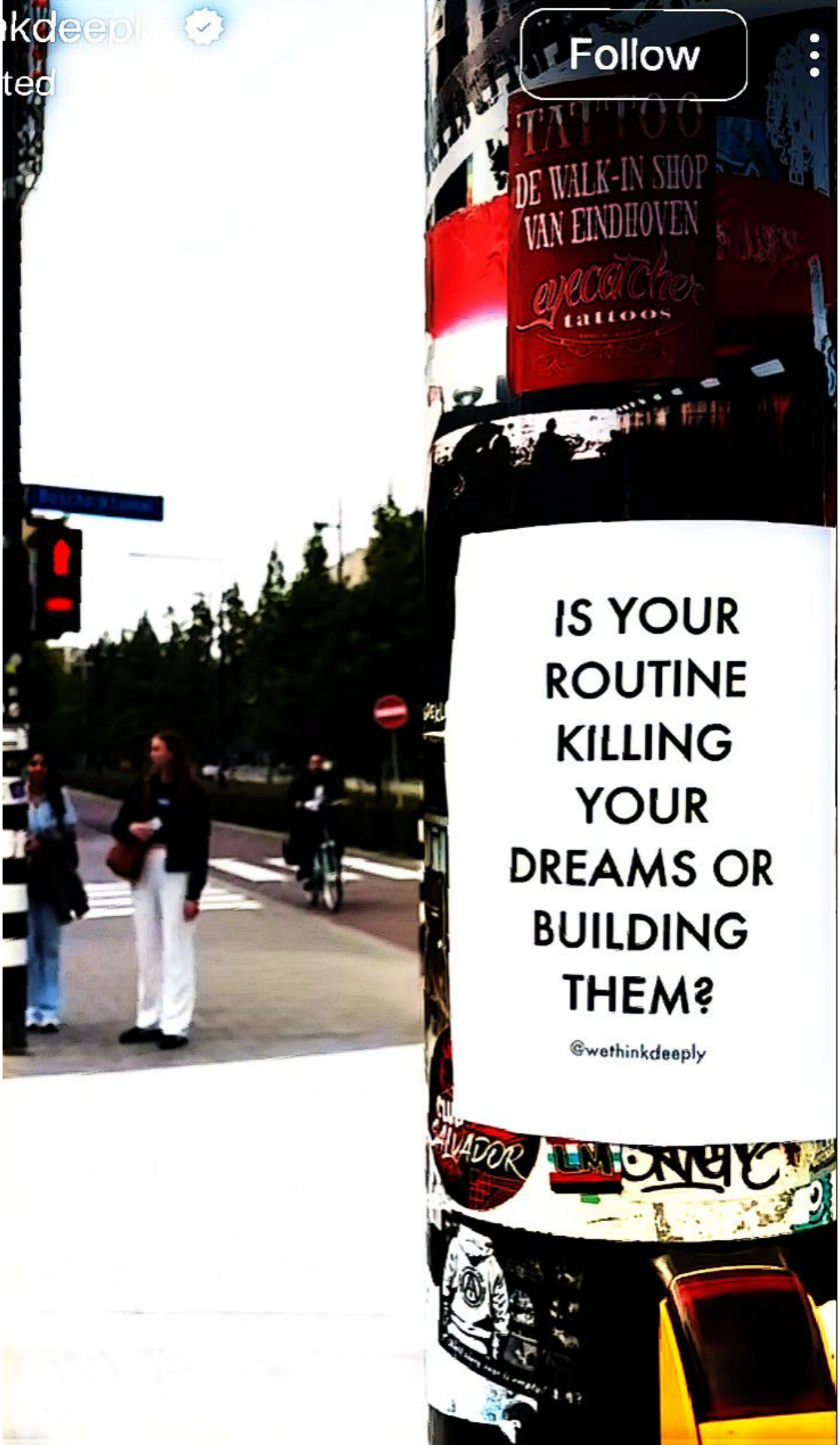
10% इमरजेंसी सेविंग

10% खुद पर खर्च किजिए

" इस रूल से आप अपने फाइनेंस को मैनेज कर सकते हो "

ऊर्जा का सिद्धांत

भोजन से ऊर्जा मिलती है।
नींद मे ऊर्जा संग्रहित होती है।
जागरण मे खर्च होती है।
प्राणायाम से जागती है।
धारणा से केन्द्रित होती है।
ध्यान से उपर चढ़ती है।
भय से सिकुडती है।
वासना में नीचे गिरती है।
प्रेम मे विस्तृत होती है।
समाधि में विराट के साथ एक होती है।
सर्वव्यापक में विलीन होती है।
यह ऊर्जा का पूरा विज्ञान है।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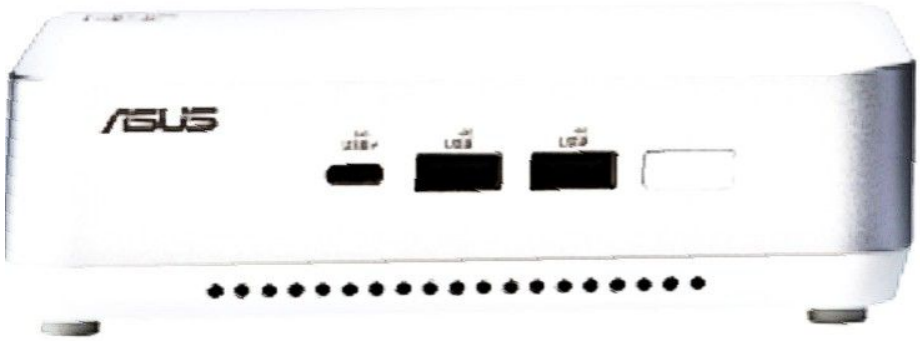

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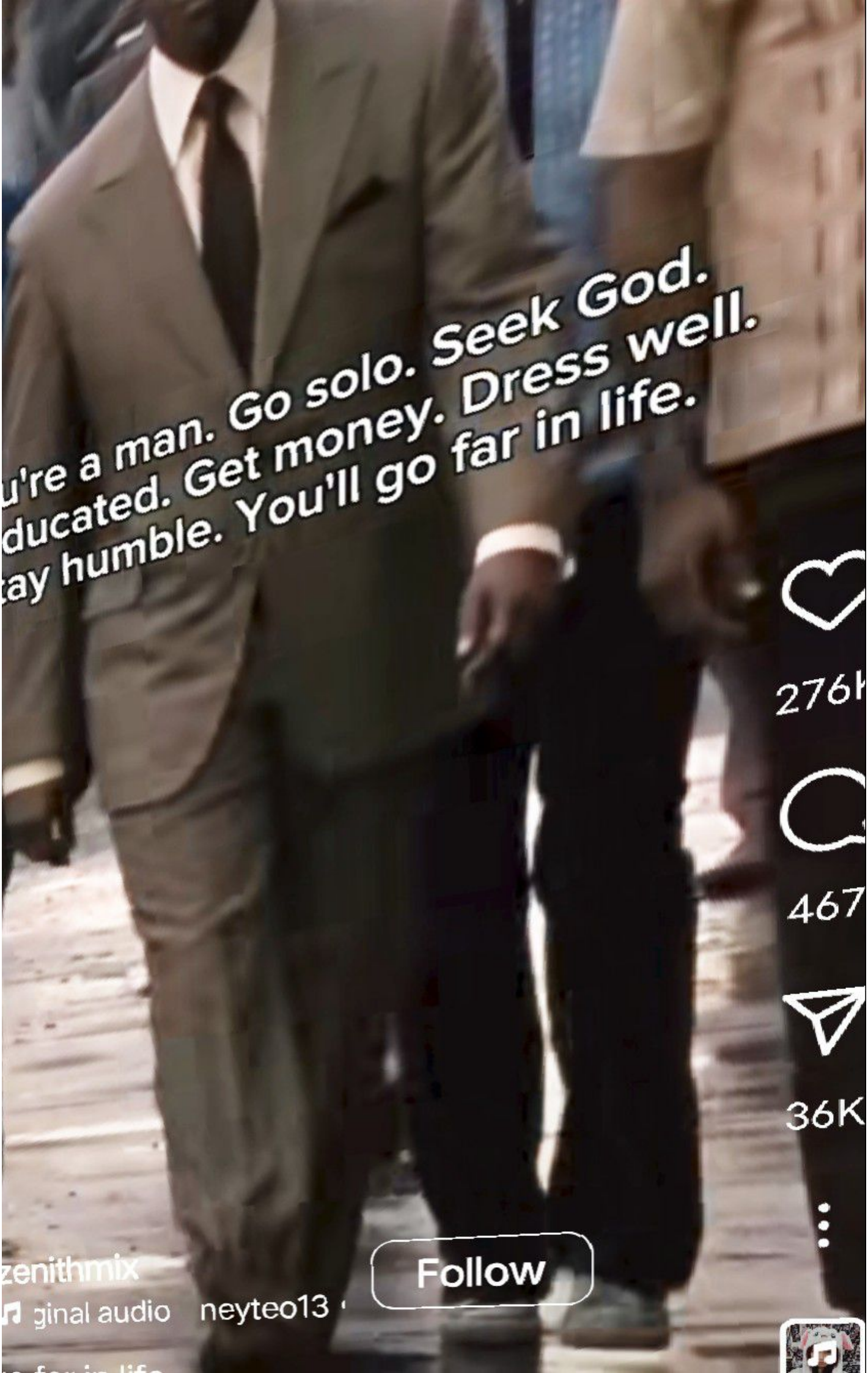
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tay humble. You'll go far in life.
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ऊंची यात्राएं हमसे वो सब छीनेंगी

जिन्हे हम छोड़ना

नहीं चाहते !

Good Evening

inspirationalgita
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Damini Tripathi 140K

17K | Share Remix Thanks

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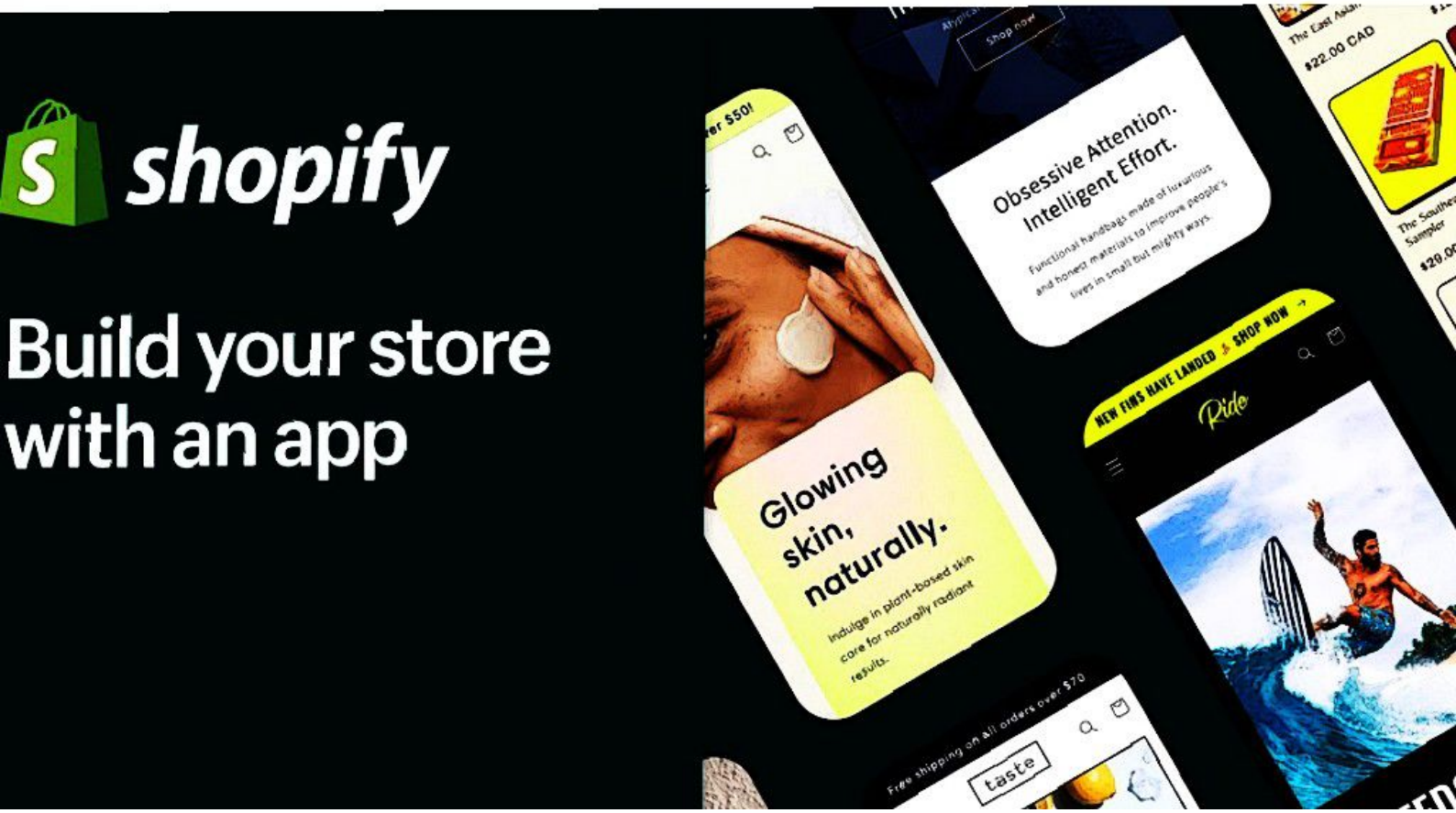


Become a ghost for 6 months.

Make everything your fault.

Find the beast within you.

Throw yourself into pain.

Cut out all the excuses.

Go all in on yourself.

Train like a warrior.

Work like a robot.

Eat like a king.

Reject vices.

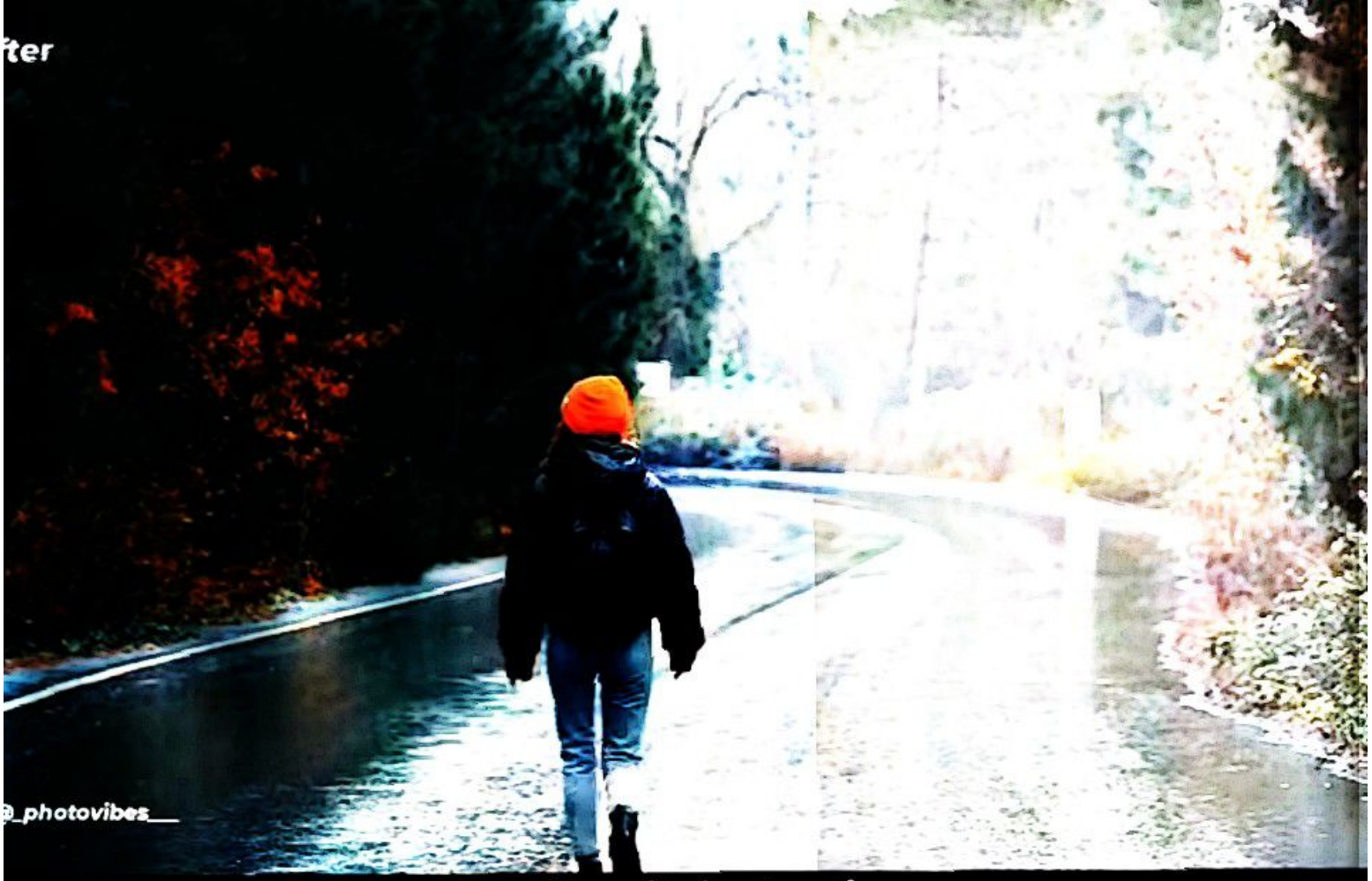
Transform.

Upgrade.

Create.

Thrive.

Win.



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दुकान का ऐसे प्रचार

• अपने बिजनेस का इस तरह से मार्केटिंग करिए और अपनी सेल बढ़ाइए :-

1) कोई बड़ा ऑफर निकलिए
2) गूगल मैप पर रजिस्टर करें।
3) Justdial पर रजिस्ट्रेशन करें।
4) यूट्यूब पर विडियो अपलोड करके मार्केटिंग।
5) फेसबुक पेज के द्वारा मार्केटिंग करें।
6) बिजनेस काई द्वारा मार्केटिंग करें।
7) पोस्टर बटवा कर मार्केटिंग करें।
8) पोस्टर लगाकर मार्केटिंग करें।
9) लोकल रेडियो के द्वारा मार्केटिंग करें।
10) गूगल एड्स के द्वारा मार्केटिंग करें।
11) फेसबुक एड्स के द्वारा मार्केटिंग करें।
12) लोकल अखबार के द्वारा मार्केटिंग करें।
13) लोकल ऑटो या टैक्सी के द्वारा मार्केटिंग करें।
14) टी शर्ट प्रिंटिंग के द्वारा मार्केटिंग करें।
15) बिजनस सीखने के लिए हमे फॉलो अवश्य करे

Follow for daily Instagram Tips!

Turn on Post Notifications

The Ultimate Guide to 40k Followers

Profile Picture
- Well lit, clear face
- Branded bg
- 320 px x 320 px

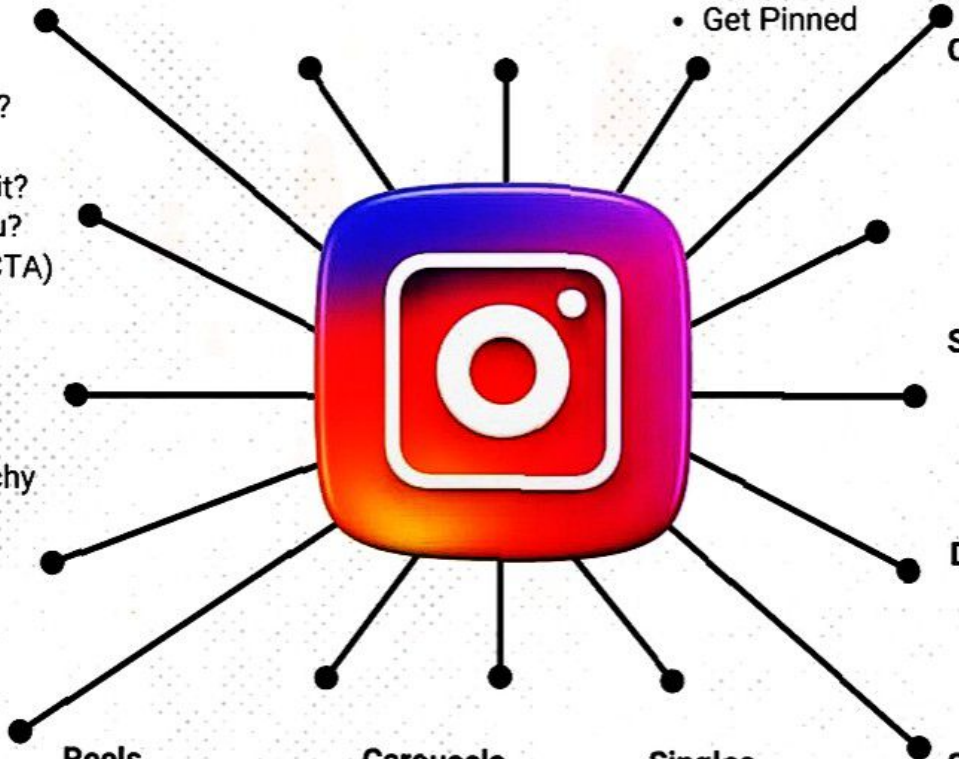
Captions
- Start with a hook
- Include one CTA
- Use simple words

Collabs
- 2-4 a month
- Relevant accs
- Relationships

Comments
- Add value
- Be Genuine
- Show Expertise
- Get Pinned

Hooks
- Big, readable font
- Text + Visual + Audio
- Inside the square

Bio
- What do you do?
- For whom?
- How do you do it?
- Why choose you?
- What's next ? (CTA)



Content Strategy
- Content Pillars
- Content Formats
- Content Variety
- Content Character
- Content Style

Username
- <15 characters
- Niche keyword
- Easy recall, catchy

SEO & Hashtags
- Relevant keywords
- Avoid stuffing
- In caption & bio

Headline
- Full Name
- Deep keyword
- Broad keyword

DMs
- Relationships
- Automation
- Soft Sell

Visual Aesthetic
- 2-3 colors & fonts
- Proper size guide
- Consistent posting
- Show your face

Reels
- 3 sec attention
- Highest quality
- Transitions
- 6-25 secs long

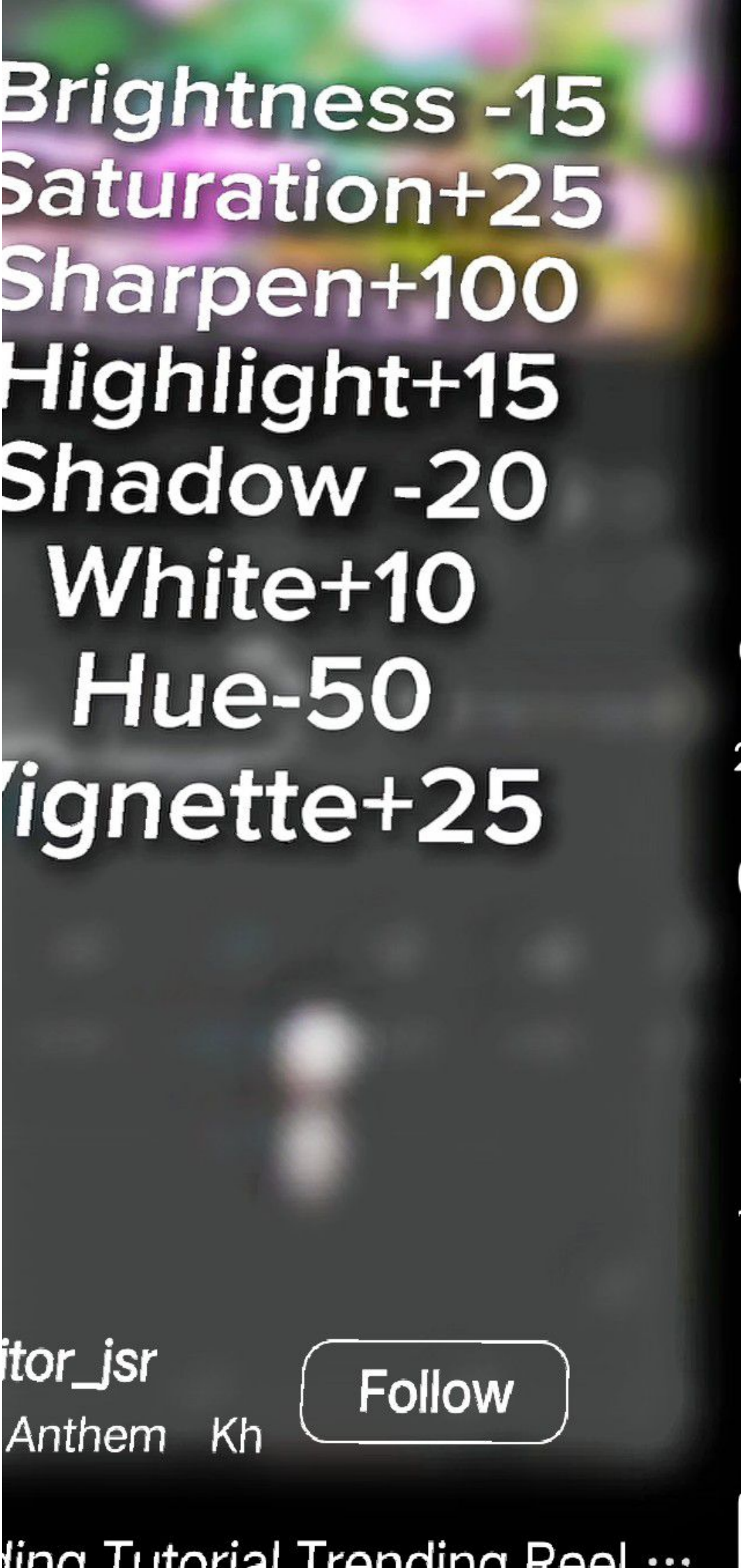
Carousels
- Storytelling
- Savable Guides
- 6-10 slides long
- AIDA model

Singles
- Infographics
- Huge value
- Portrait post
- Canva templates

Stories
- 3-5 a day, spaced
- AMA & Polls
- Sales and BTS
- "Add Yours" sticker

Akila | Social Media Marketing

Save It


Brightness -15
Saturation+25
Sharpen+100
Highlight+15
Shadow -20
White+10
Hue-50
Vignette+25
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. Name?	@Namelix
. Logo?	@looka.com
. Website?	@10webio
. Presentations?	@napkin ai
. Website Copy writing?	@chatgpt
. Email marketing?	@instantly
. Social media?	@repurpose
. App design?	@uizard
. Animations?	@animaker
10. AI talking avatar?	@Heygen
11. AI voice?	@TTSMaker
12. AI images?	@midjourney
13. Create music?	@sunoai
14. Meetings notes?	@fireflies
15. Audio video edit?	@invideo
16. Video generation?	@runawayml
17. Track time?	@rizeAI

72.

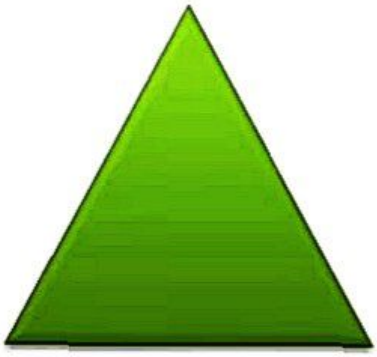
1,62

Download our Android App "**Maths at Your Fingertips**" from Play Store for more...

Polygons

Triangle

- Has 3 sides and 3 vertices
- Has no diagonals
- Sum of the interior Angles Is 180°



Quadrilateral

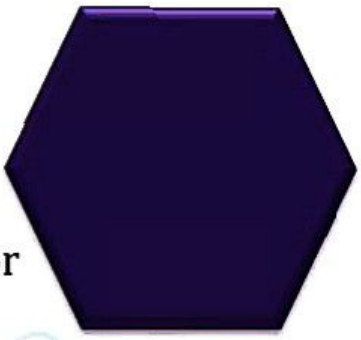
- Has 4 sides and 4 vertices
- Has two diagonals
- Sum of the interior Angles is 360°

Pentagon

- Has 5 sides and 5 vertices
- Has 5 diagonals
- Sum of the interior Angles is 540°

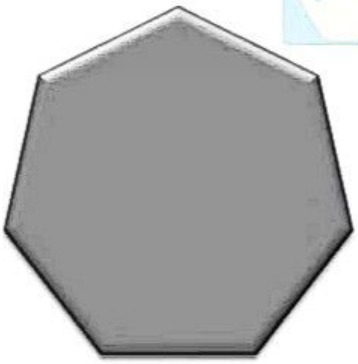
Hexagon

- Has 6 sides and 6 vertices
- Has 9 diagonals
- Sum of the interior Angles is 720°



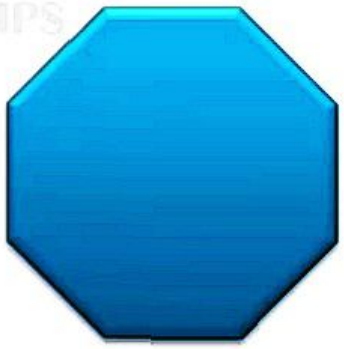
Heptagon

- Has 7 sides and 7 vertices
- Has 14 diagonals
- Sum of the interior Angles is 900°



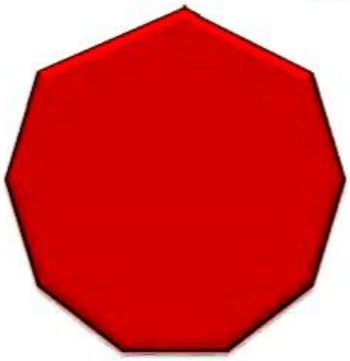
Octagon

- Has 8 sides and 8 vertices
- Has 20 diagonals
- Sum of the interior Angles is 1080°



Nonagon

- Has 9 sides and 9 vertices
- Has 27 diagonals
- Sum of the interior Angles is 1260°



Decagon

- Has 10 sides and 10 vertices
- Has 35 diagonals
- Sum of the interior Angles is 1440°

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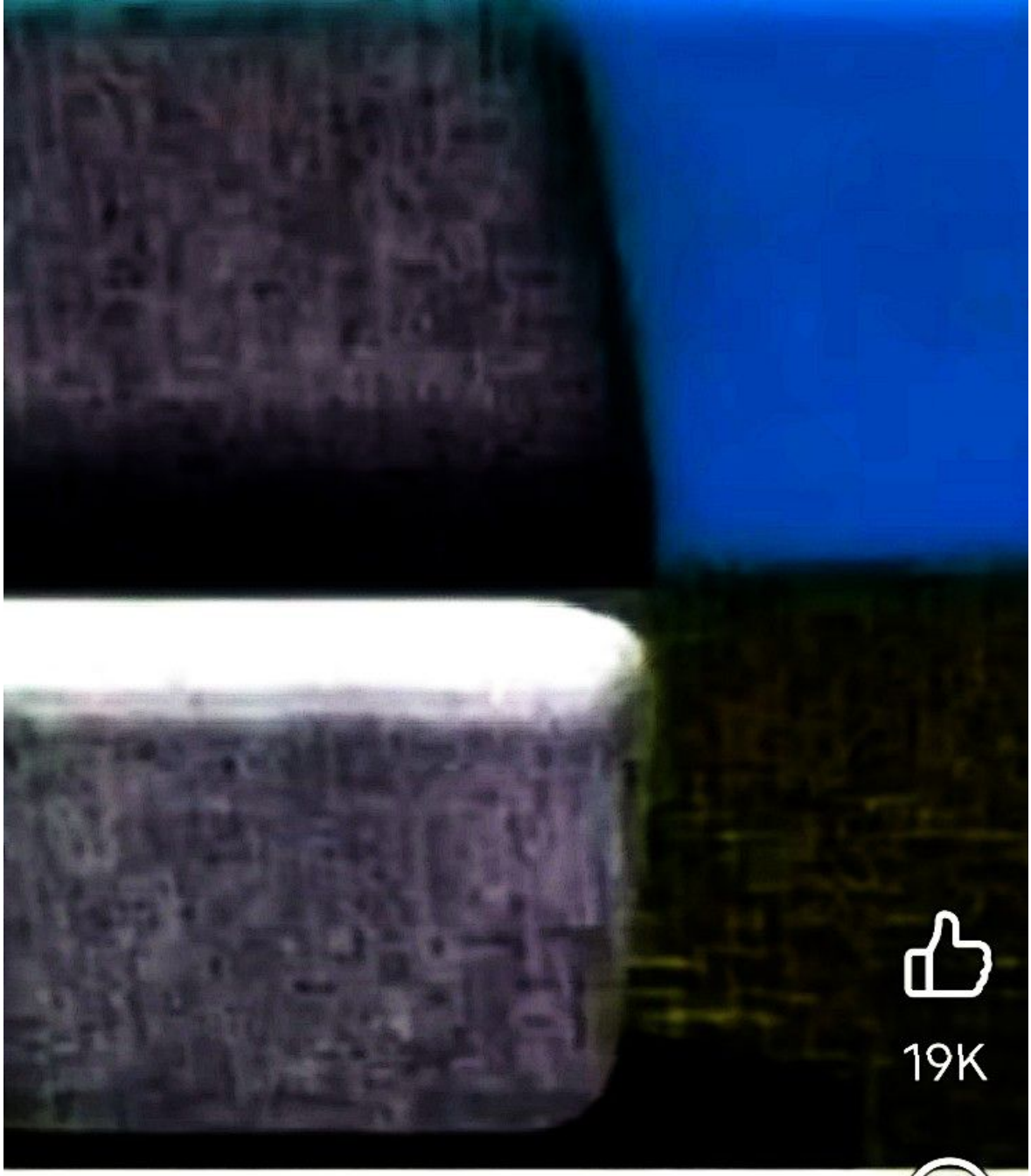
* गुस्सा करने से लिवर खराब होता है
* दुखी होने से फेफड़ा खराब होता है,
* चिंता करने से पेट कमजोर होता है,
* डर लगने से किडनी कमजोर होता है,

ज्यादा गुस्सा करने वाले के पास ही इस पोस्ट को जरूर भेजें।

5,078



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काश की महत्वपूर्ण भूमिका

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act_guru.ji2

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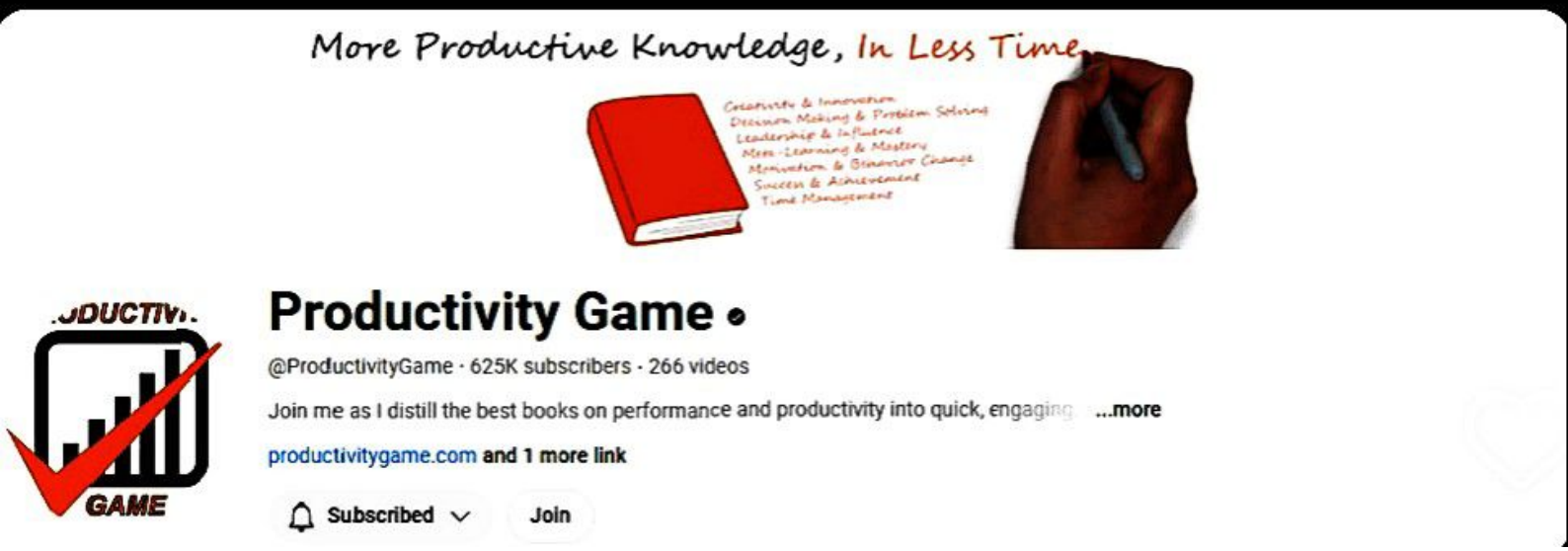
@scalewithsiddharth

6. PRODUCTIVITY GAME

Book summaries on books that will actually change your life and the need-to-know information from them leaving out all the fluff.


More Productive Knowledge, In Less Time
Creativity & Innovation
Decision Making & Problem Solving
Leadership & Influence
Mega-Learning & Mastery
Motivation & Behavior Change
Success & Achievement
Time Management
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4. WHITEBOARD FINANCE

On this channel, Marko teaches personal finance concepts that you should have learned in school.

WhiteBoard FINANCE

Personal Finance • Stocks • Real Estate Investing • Entrepreneurship

Marko - WhiteBoard Finance

@WhiteBoardFinance · 998K subscribers · 319 videos

My mission is to provide my viewers with actionable content that enables them to crea... ...more

wbfuniversity.com and 3 more links

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3. MAKE MONEY MATT

Shows the most modern up-to-date methods of making money online from someone who is actually doing them instead of an outdated college class.

Make Money Matt

@makemoneymatt · 794K subscribers · 262 videos

My name's Matt Par and on this Make Money Matt channel I show you how to potentially ...more

mattpar.com/high-payout-partner and 2 more links

Subscribed

ानी 2. नींद 3. व्यायाम

आहार 5. सेल्फ रिस्पेक्ट 6. सच्चे दोस्त

31K

83

14.6K

motivationvibes009

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अपने दोस्तों के साथ

↳ High Value Content Offer

HVCO Rule #1: Create an Attention-Grabbing Headline

HVCO Rule #2: Make sure every point touches a burning issue.

HVCO Rule #3: Keep it simple.

Now, they're all important, and we'll come to rules #2 & #3 in a moment; but first, the single most critical part of this process is having an attention-grabbing headline that stops your prospects in their tracks, grabs them by the throat, and creates so much intrigue that it practically forces them to give you their contact details.

HVCO Rule #1: Create An Attention-Grabbing Headline

All Business Activities

- Checking emails
- Writing copy
- Speaking with clients
- Having meetings
- Creating Facebook ads
- Checking stats
- Creating systems & processes
- Coming up with offers & promotions
- Training/On-boarding staff
- Creating sales funnels
- Sending emails
- Shooting videos
- Recruiting
- Running errands
- Making webinars
- Creating proposals
- Scheming & plotting
- Setting up systems
- Looking at analytics
- Public relations/ Interviews

The 80/20 rule demonstrates you can and should disregard 80% of your business activities. They should either be delegated or outsourced so you can focus on the top 20% that produce revenue.

Once you've done this in your business, you need to take it one step further and truly become a high-performance entrepreneur. You see, you should apply the 80/20 rule to the 80/20 rule itself. That is to say, 80% of the 80% of the revenue comes from 20% of the 20% of your revenue

I refer to these Highly Leveraged Activities as the 4% of activities that move the money needle. In reality, 20% of activities bring in 80% of your company's revenue.

The 4% Rule For Moving The Money Needle

This really became clear to me when I learned about Vilfredo Pareto.

Pareto was an Italian economist who became famous for his 80/20 rule. This is now commonly called the Pareto principle.

He first discovered this rule when he found that 80% of a nation's wealth was controlled by 20% of the population. As he studied this phenomenon more deeply, he found a disproportionate relationship between cause and effect in other areas of life, including real estate, growing crops, and all sorts of things:

20% of the input creates 80% of the result.

20% of the workers produce 80% of the result.

20% of the customers create 80% of the revenue.

20% of the roads cause 80% of the crashes.

And on and on...

In my deep dives into marketing psychology, I've found

Value Of Your Current Time

I work____hours per week and I make $_____per week. _____hours ÷ $_____ = hourly rate

Once you have figured out how much your hourly rate is, you don't want to complete any tasks that you could hire someone to do for a lesser rate. Let's say you make $3,000 per week and work 40 hours, resulting in your hourly rate being $75 per hour.

You can hire a cook or cleaner for $20 per hour to free up more of your time to work on your business. You do it Immediately. Because it's not costing you $20 per hour to clean your house or to have your meals cooked, it's saving you $55 per hour.

That's right, if you were to do those tasks yourself, you would be actually losing $55 per hour, if not a lot more.

How To Sell Like Crazy

Let me be brutally clear and not mince my words about what I believe to be the single most important rule in business.

It is this:

As the owner, your number one responsibility is to *sell*.

Selling is not something you do on the side. It's not something you can outsource or completely delegate. It's the single most important job of any business and consequently any founder or owner.

It doesn't matter whether you have a great product or service... Your entire existence as an entrepreneur lives

The $500,000 Learning Curve

Before writing this book, I went back and looked at all the money I'd invested in learning what I know today. Seminars I've attended, books I've read, tests I've run, and all the money I've lost along the way...

It added up to **$500,000.**

That's right. Half a million dollars. I could scarcely believe it myself, but it's true. I call this my $500,000 learning curve.

The thing is, looking back I realised that most of that money was spent on useless, ineffective gimmicks peddled by so-called 'gurus' and 'specialists'. People selling the false dream of living on the beach, working an hour a day, and living the high life off a stream of passive income. Or promoting 'secret' tactics to get your website on the front page of Google... only for it to fall off to the 20th page the next day.

None of that stuff worked. None of it

Think Like A Billionaire

If you want to *become* a billionaire, you need to *think* like a billionaire.

Just to be clear, by 'billionaire' I mean *self-made* billionaire. Not the person with the massive inherited wealth they did nothing to earn. I'm talking about the person *just like you*, who started out with very little. The person who had to work for a living.

To think like a self-made billionaire, you must first understand their choices in life and in business. Where do they derive their income from? What do they spend their time on? What tasks do they focus on? In short, what do they *invest* themselves in?

I have obsessively studied this unique group of high achievers. I've found **they invest only in assets that provide a positive return.**

There are many kinds of assets. Among billionaires, the most valuable, non-renewable asset in the world is their time.

So how do billionaires spend their most valuable asset – their precious time?

Mix - 8K Remastered - Burj Khalifa | Kiara Advani, Akshay Kumar | Laxmii

Varun Dhawan, Akshay Kumar, Arijit Singh, and more

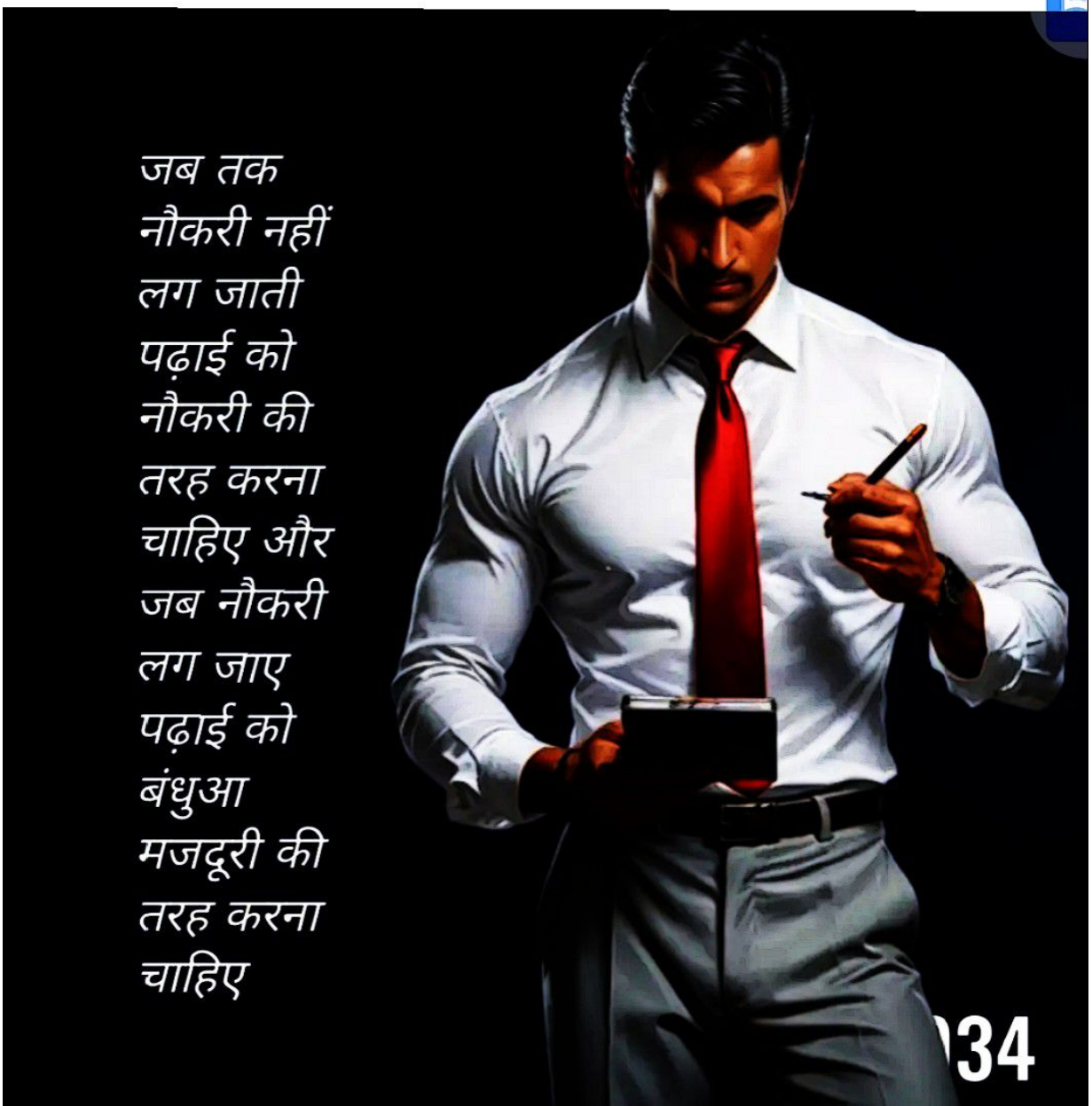
Puneet Biseria

1 day ago

SWOT Analysis
Chapter 3
Job or Business by Puneet Biseria

Link👇

https://www.youtube.com/channel/UCyzf...



@businessbrainy

Things To Teach Your Son

- **Chess**
- How to **sell**
- When to **tip**
- **Storytelling**
- Change a **tire**
- Fire*rm safety
- Throw a **punch**
- **Love** for nature
- Public **speaking**
- How to tell a **joke**
- **Entrepreneurship**
- How to **catch a fish**
- How to **treat a girlfriend**
- How to **treat his parents**

“मरने का बाद सुख
दिलवाने का ठेका सभी
धर्मो के पास है भले ही
आप जिंदा रहते हुए
दुख से मर जाएं...!!

- अज्ञात

31K

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arksheel.fact

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Music DHAVAL K RAV

आपके अस्तित्व की वजह क्या है?

जापानी लोगों का ऐसा मानना है कि हर एक के जीवन का एक इकिगाई होता है। शाय के लोग इसे 'जीवन का उद्देश्य' कहेंगे या और देशों के लोग किस ाम से पुकारेंगे। इकिगाई हर एक के अंदर छुपा हुआ होता है। कुछ का अपना इकिगाई मिल जाता है तो कुछ लोग उसकी खोज में होत

हर एक के अंदर इकि छुपा हुआ होता है और उसे खोजने के लिए संयम की आवश्यकता है। ओकिनावा के लोग कहते हैं कि उनके सुबह उठने के पीछे एक जह होती है और वह है उन्हें मिला हुआ उनका इकिगाई।

What is your Ikigai ?

OPHY WITH AYUSHMAN

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1,715

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इकिगाई

What is your ikigai ?

रूपऐ का इतिहास

जरूर पढ़े

प्राचीन भारतीय मुद्रा प्रणाली

फूटी कौड़ी (Phootie Cowrie) से कौड़ी,
कौड़ी से दमड़ी (Damri),

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

दमड़ी से धेला (Dhela) ◈ धेला से पाई (Pie)

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

पाई से पैसा (Paisa) ◈ पैसा से आना (Aana)

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

आने से रूपया (Rupya) बना।

---

256 दमड़ी - 192 पाई - 128 धेला - 64 पैसा (Old) - 16 आना - 1 रूपया

- ◈ 3 फूटी कौड़ी - 1 कौड़ी
- ◈ 10 कौड़ी - 1 दमड़ी
- ◈ 2 दमड़ी - 1 धेला
- ◈ 1.5 पाई - 1 धेला
- ◈ 3 पाई - 1 पैसा (पुराना)
- ◈ 4 पैसा - 1 आना
- ◈ 16 आना - 1 रूपया

प्राचीन मुद्रा की इन्हीं इकाइयों ने हमारी बोल-चाल की भाषा को कई कहावतें दी है, जो पहले की तरह अब भी प्रचलित है। देखिऐ:

- ◈ एक फूटी कौड़ी भी नहीं दुंगा।
- ◈ धेले का काम नहीं करती हमारी बहू।
- ◈ चमड़ी जाए पर दमड़ी न जाए।
- ◈ पाई-पाई का हिसाब रखना।
- ◈ सोलह आने सच।

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surestudy1
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रूपऐ का इतिहास

जरूर पढ़े

प्राचीन भारतीय मुद्रा प्रणाली

फूटी कौड़ी (Phootie Cowrie) से कौड़ी,
कौड़ी से दमड़ी (Damri),

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

दमड़ी से धेला (Dhela) ◈ धेला से पाई (Pie)

❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖ ❖

पाई से पैसा (Paisa) ◈ पैसा से आना (Aana)

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आने से रु[illegible]a) बना।

You are Welcome
Sure Study
आपका स्वागत है

256 दमड़ी - 192 पाई - 128 [illegible]Old) - 16 आना - 1 रूपया

- ◈ 3 फूटी कौड़ी - 1 कौड़ी
- ◈ 10 कौड़ी - 1 दमड़ी
- ◈ 2 दमड़ी - 1 धेला
- ◈ 1.5 पाई - 1 धेला
- ◈ 3 पाई - 1 पैसा (पुराना)
- ◈ 4 पैसा - 1 आना
- ◈ 16 आना - 1 रूपया

प्राचीन मुद्रा की इन्हीं इकाइयों ने हमारी बोल-चाल की भाषा को कई कहावतें दी है, जो पहले की तरह अब भी प्रचलित है। देखिऐ:

- ◈ एक फूटी कौड़ी भी नहीं दुंगा।
- ◈ धेले का काम नहीं करती हमारी बहू।
- ◈ चमड़ी जाए पर दमड़ी न जाए।
- ◈ पाई-पाई का हिसाब रखना।
- ◈ सोलह आने सच।

Sure Study
surestudy
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This track is inspired by Nikola Tesla's code 3-6-9. We tuned it to 369Hz frequency.

GB DWTA LO
लेने का कोड..
AIRTEL:- *567*3#
Jio:- *1299*5#
Vi:- *199*2#
BSNL:-222*4#
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Galat Baat Hai
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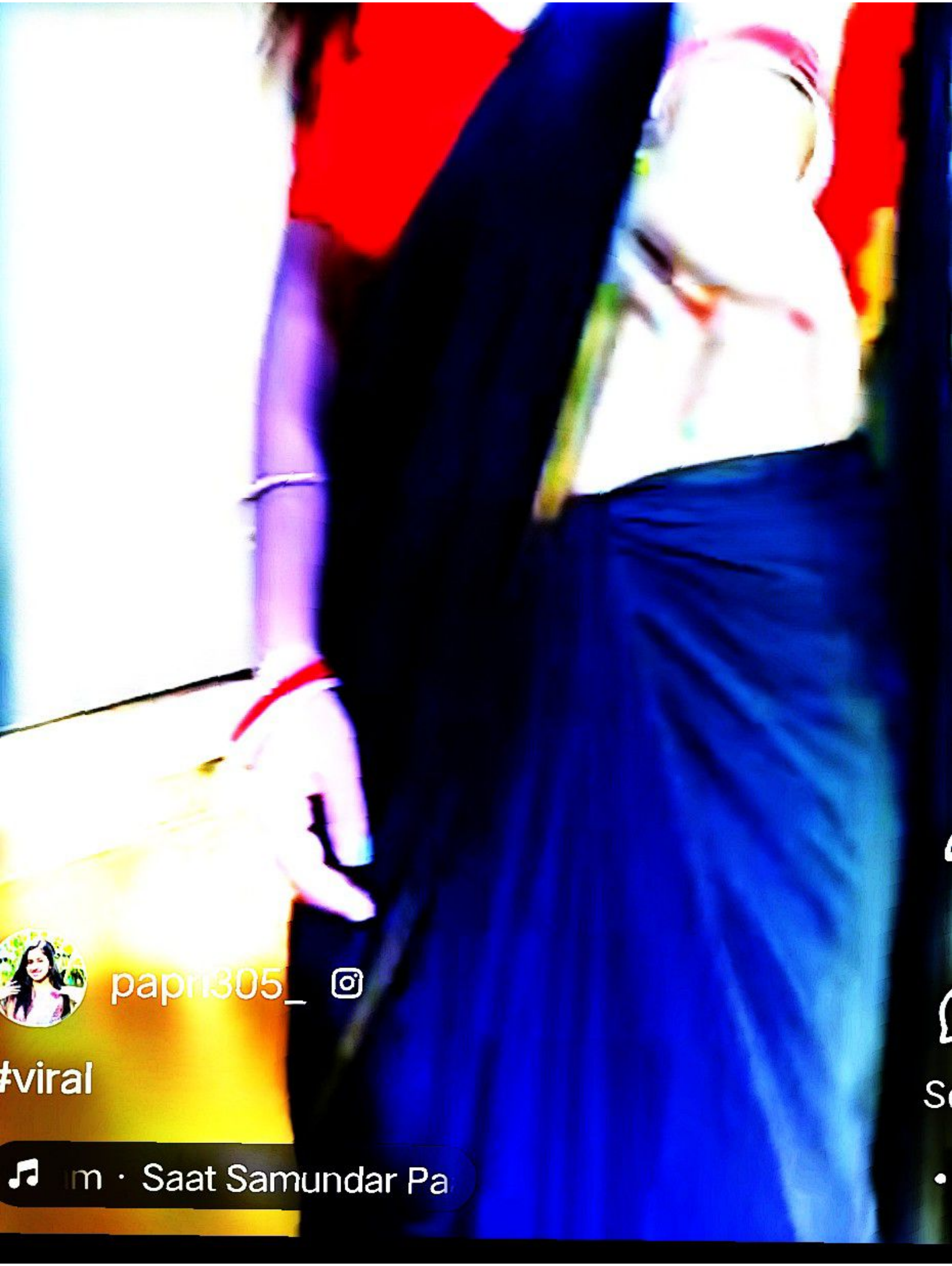
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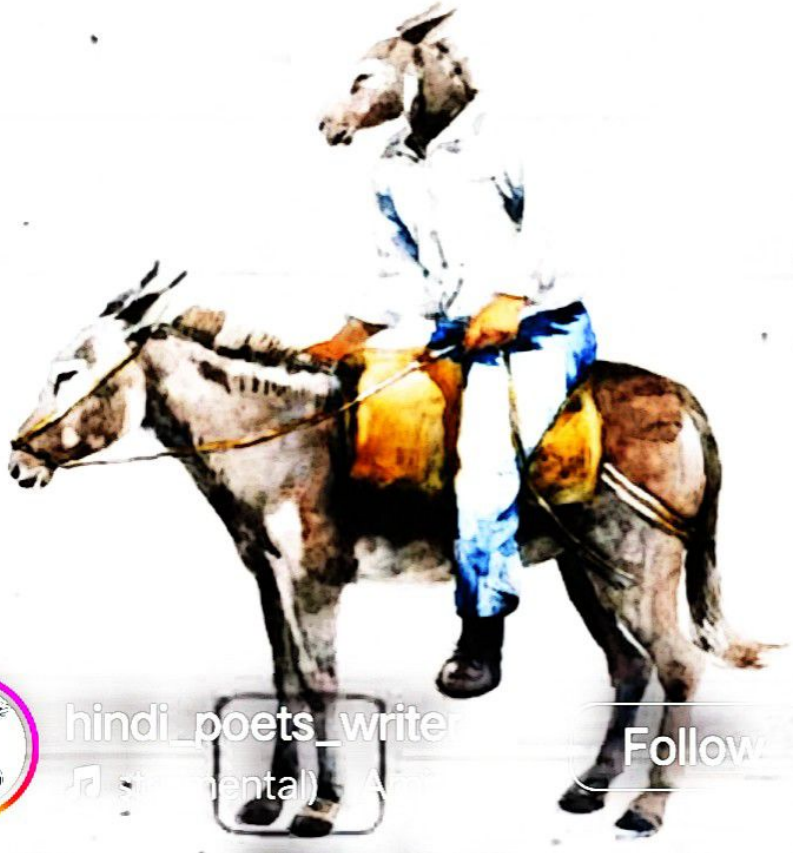
@hindi_poets_writer

"दूर जमाई फूल समान,
गाँव जमाई आधा।
घर जमाई गधे बराबर,
जब चाहा तब लादा..!

कहावत,,हिंदी काव्यकर



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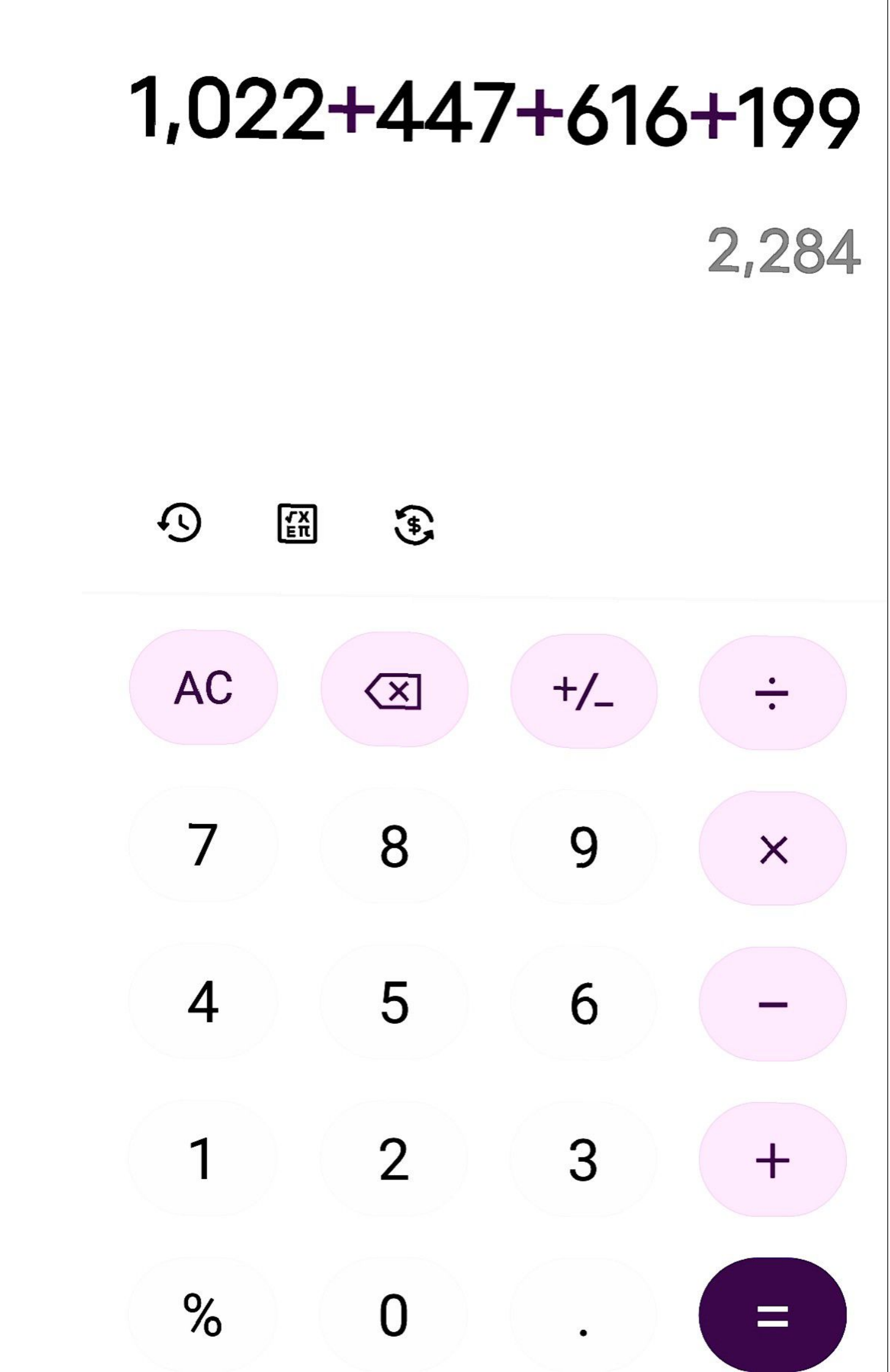
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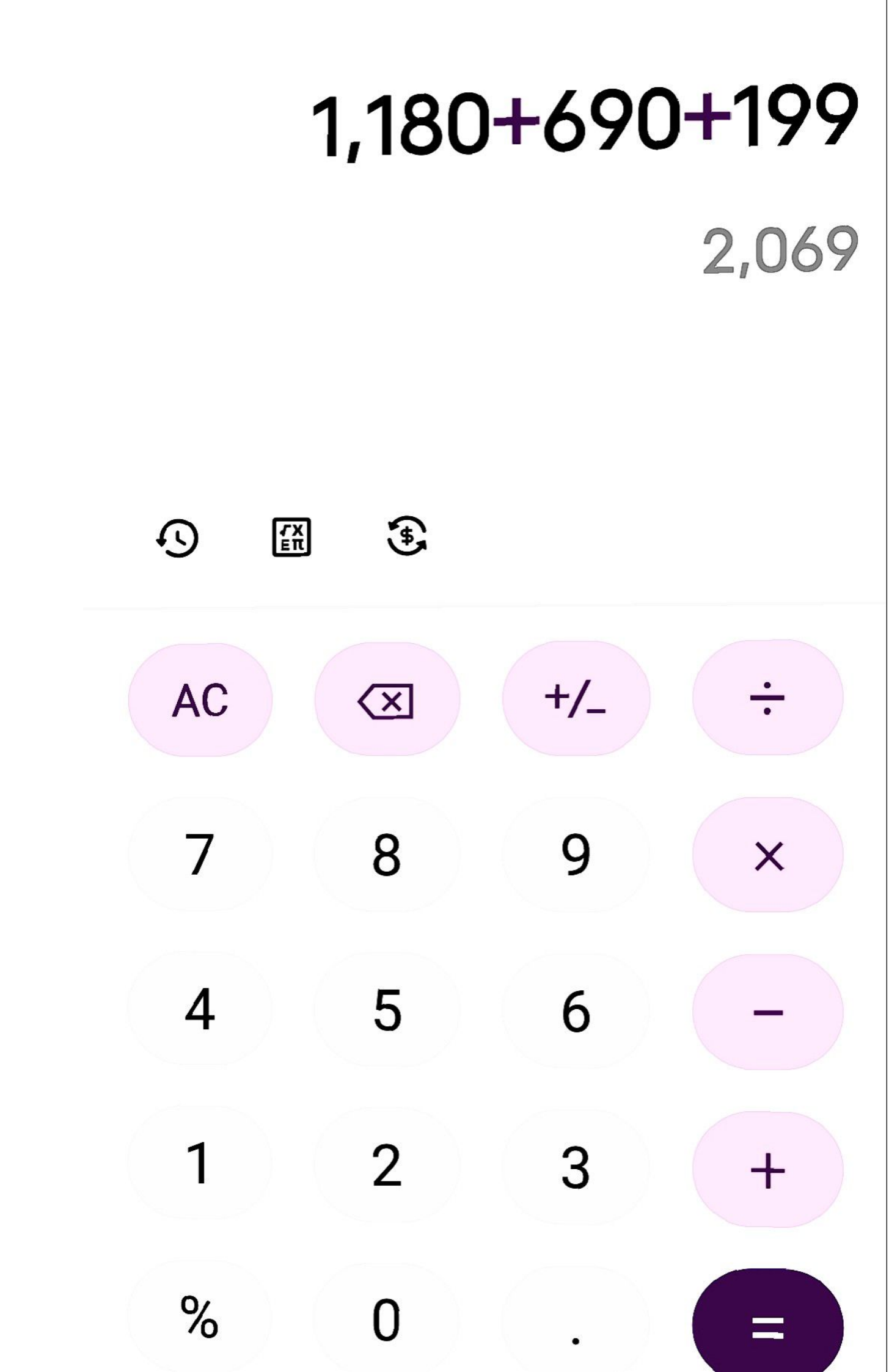
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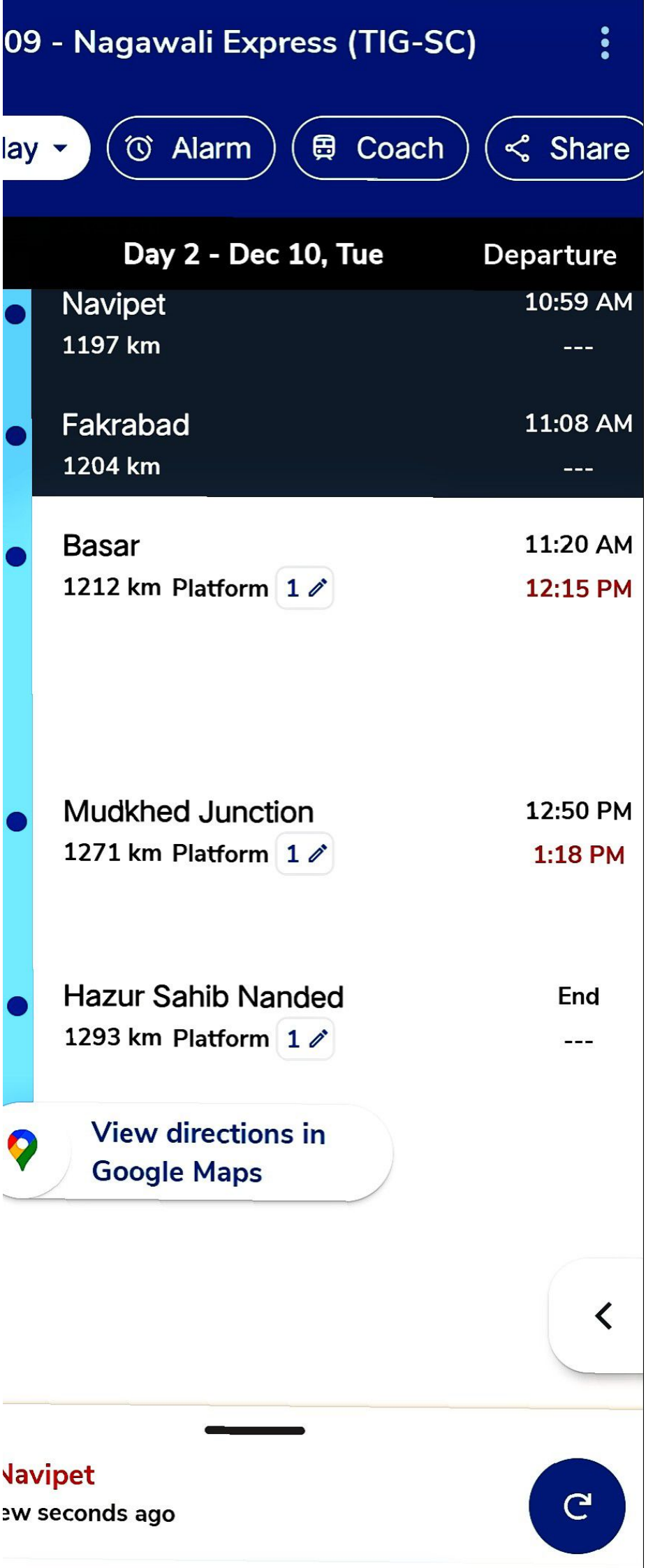
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Mudkhed Junction
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Hazur Sahib Nanded
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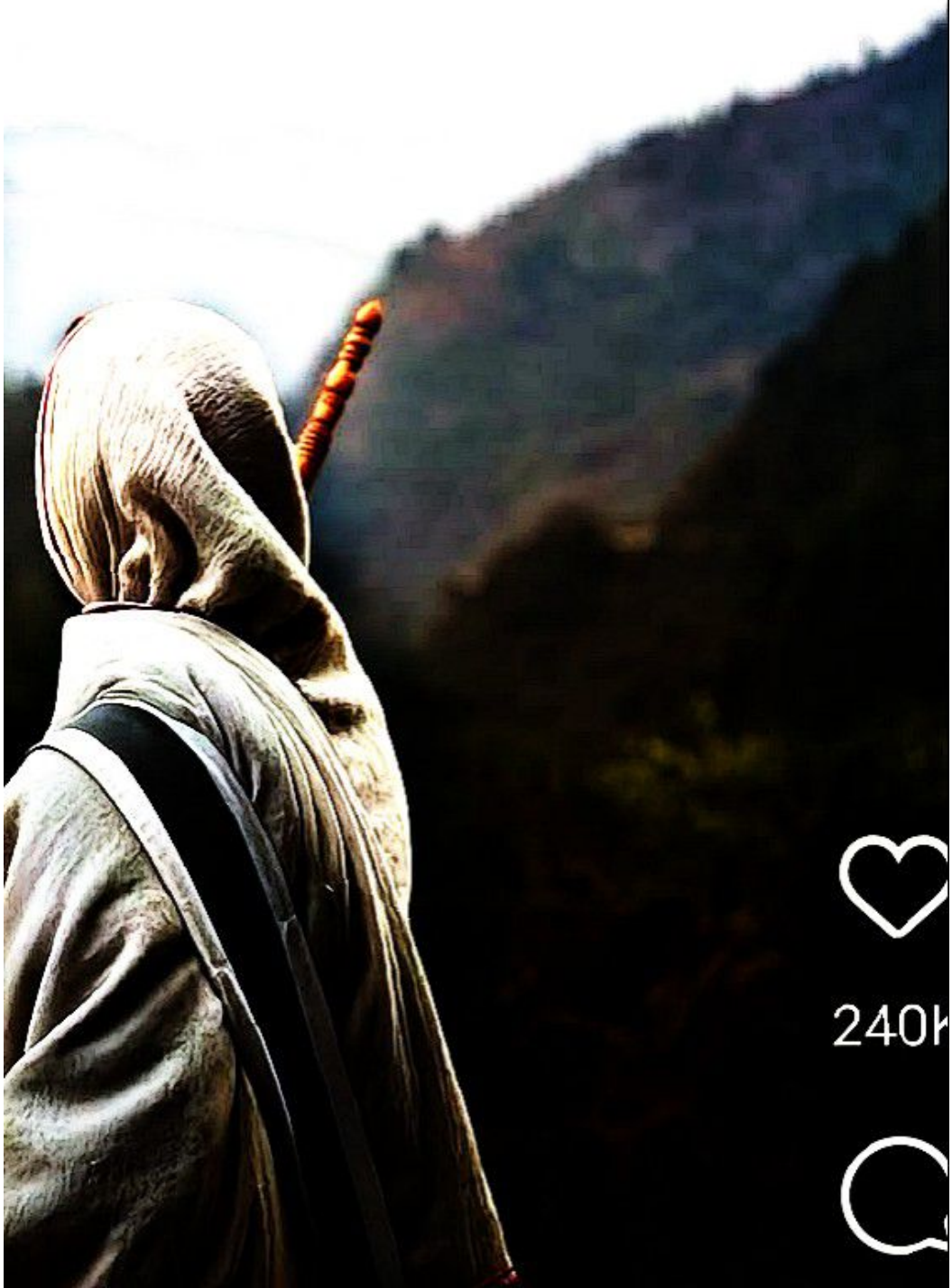
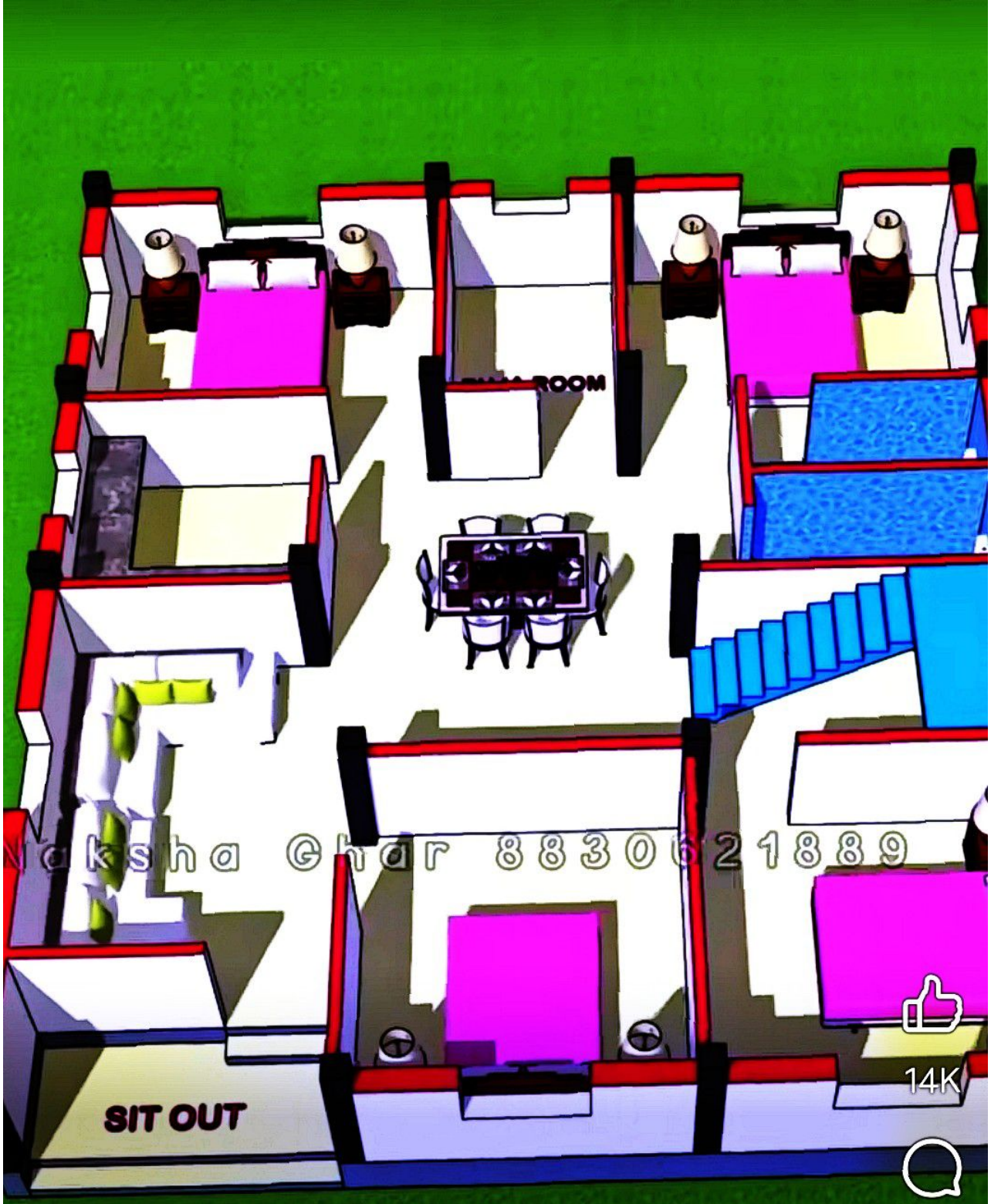
ोड़ तो भ्रम हैं

। एकांत ही रहेगा !





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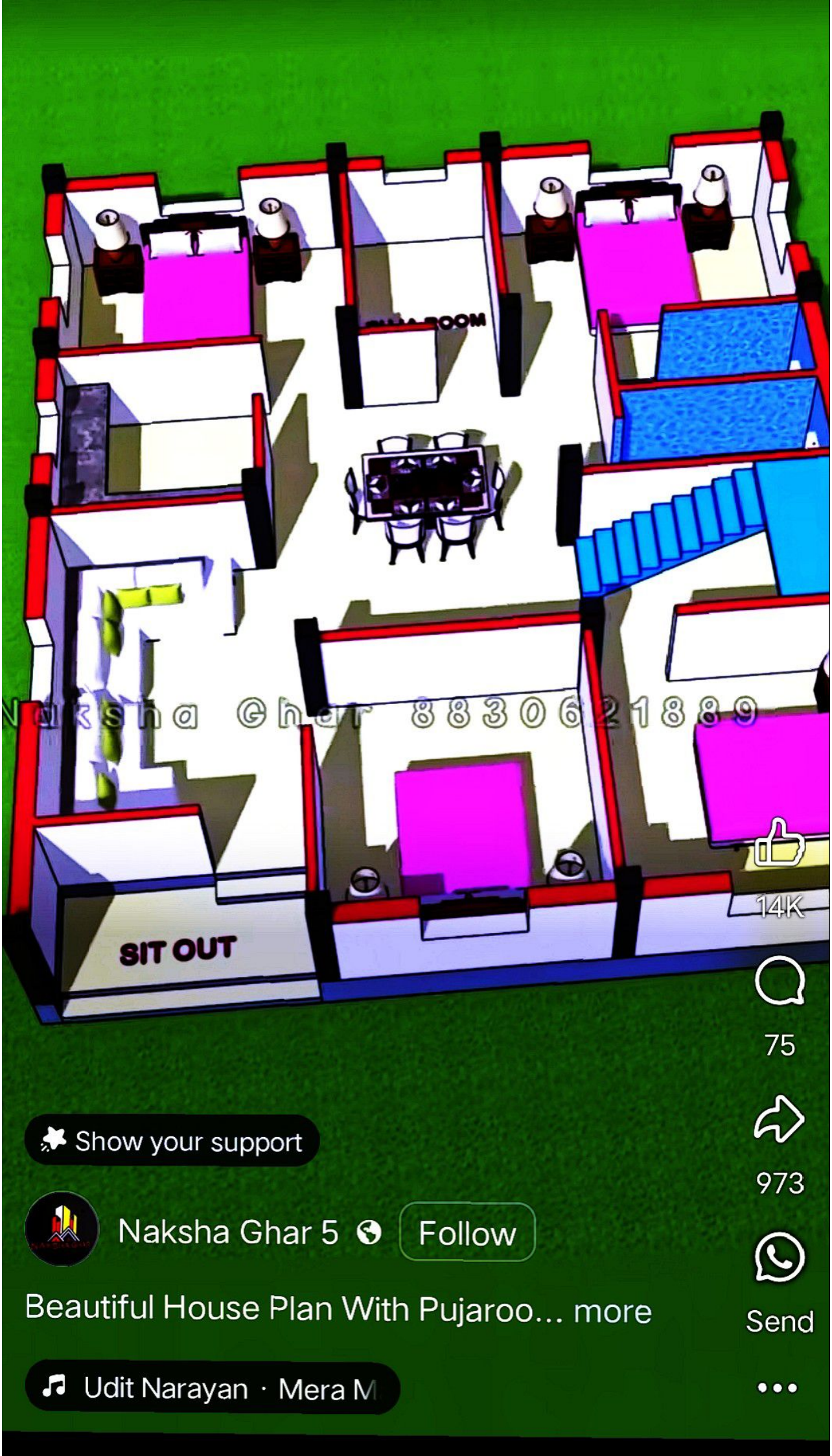
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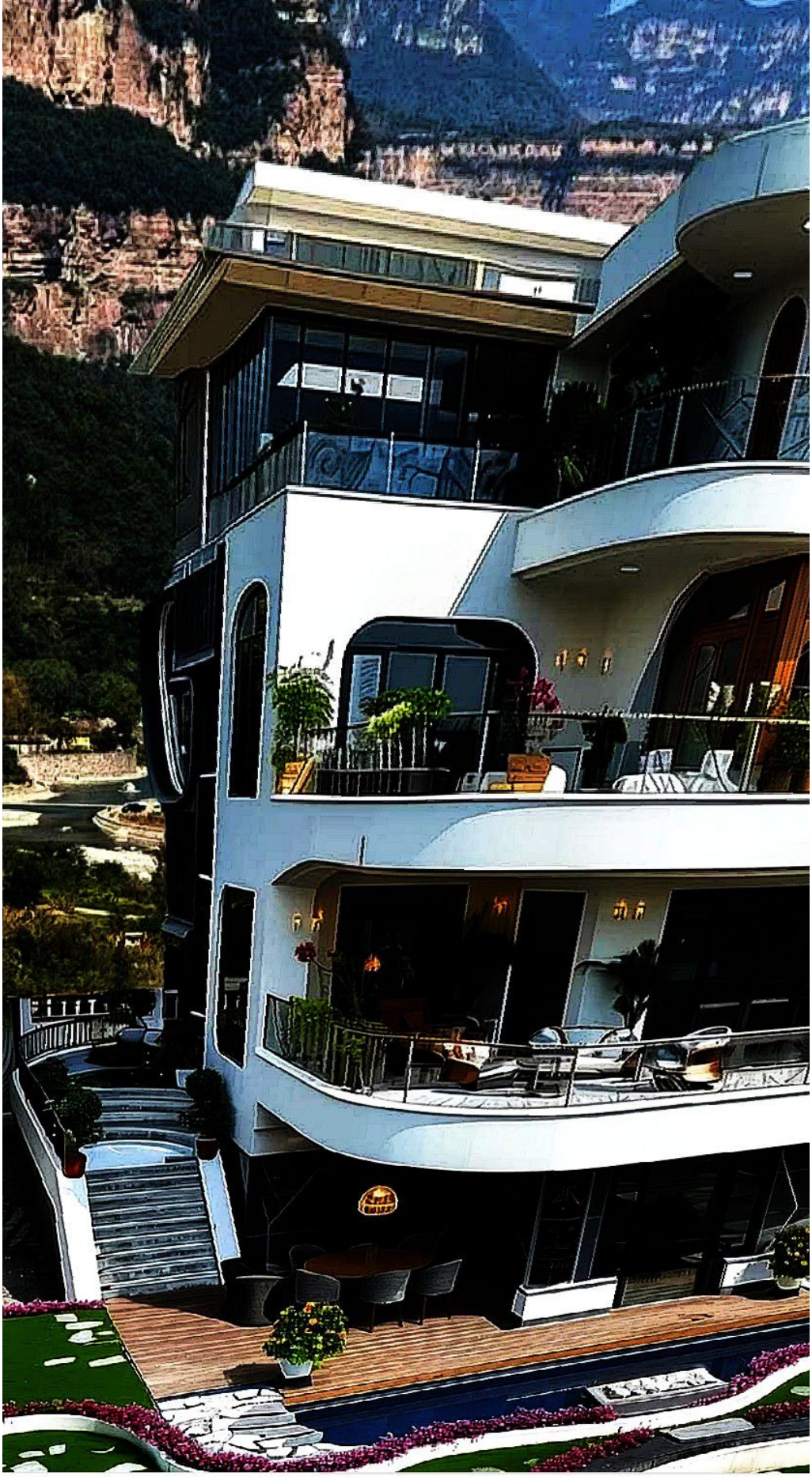

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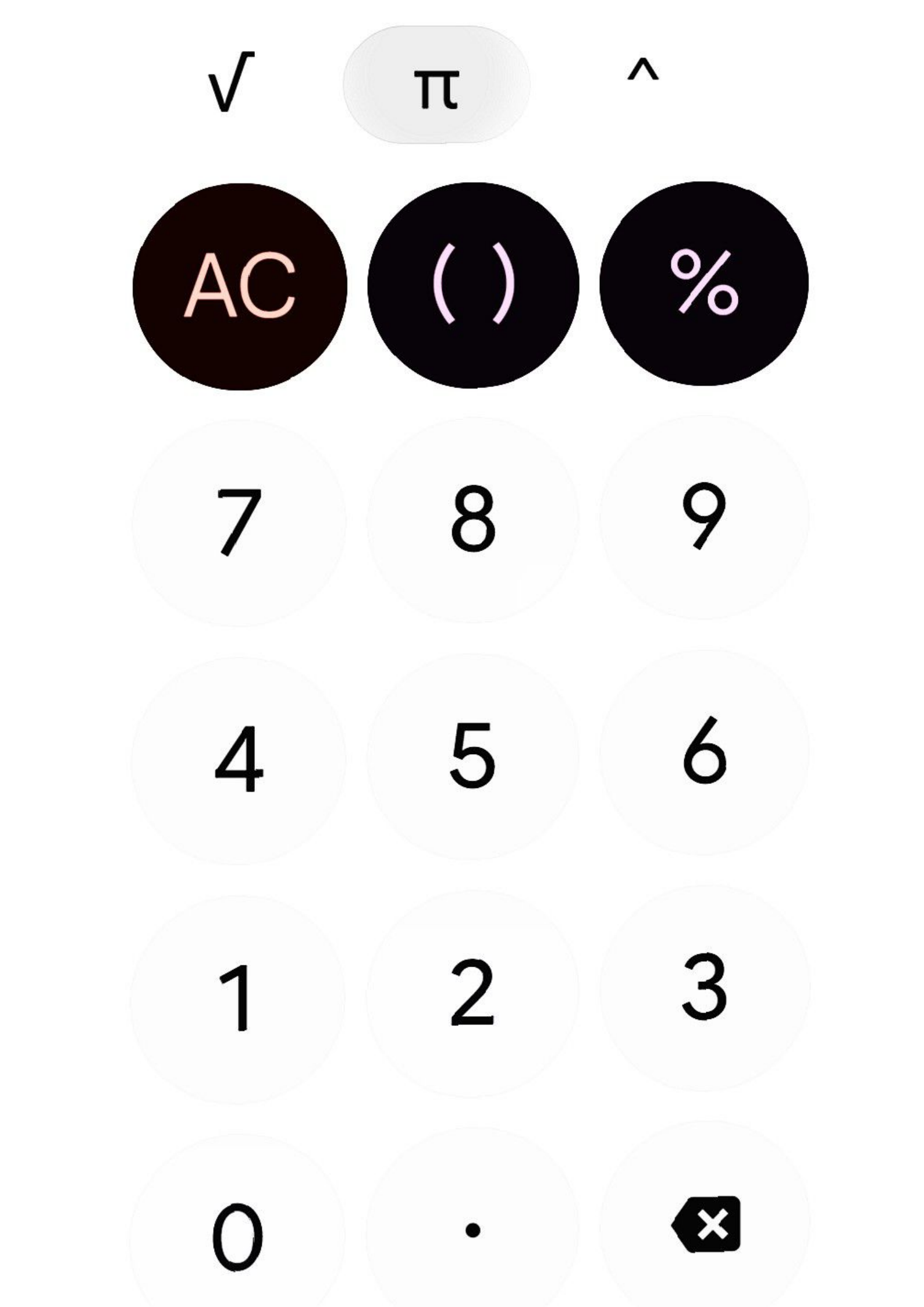
3d ·

How do we both look. 🥰😍.....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Sort By | Available | General

DHN BBS SPL (02831)

19:45	— 10h:53m —	06:38
Ranchi Tue, 10 Dec 2024	M T W T F S S	Cuttack Wed, 11 Dec

SL | 3A | 2A

Tue, 10 Dec	Wed, 11 Dec	Thu, 12 Dec
WL12	RAC 2	AVL 0131

Updated 2 Minutes and 49 Seconds ago

TAPASWINI EXP (18451)

15:30	— 11h:55m —	03:25
Hatia Tue, 10 Dec 2024	M T W T F S S	Cuttack Wed, 11 Dec

SL	3A	2A
Refresh	Refresh	Refresh

ON NYKAA
HOTTEST
SKINCARE SEARCHES

Urgently hiring

Barista/All Rounder

MO's Superfoods
Panaji, Goa

₹12,000 - ₹18,000 a month | Full-time

Day shift +1

Easily apply

Active 4 days ago

Food and Beverage Associate

Yacht Life Goa
Goa, Goa

₹12,500 - ₹20,000 a month | Full-time

Weekend availability +1

Easily apply

Bar Manager

STREETVIEW FOODS LLP
Goa, Goa

₹60,000 - ₹65,000 a month | Full-time +1

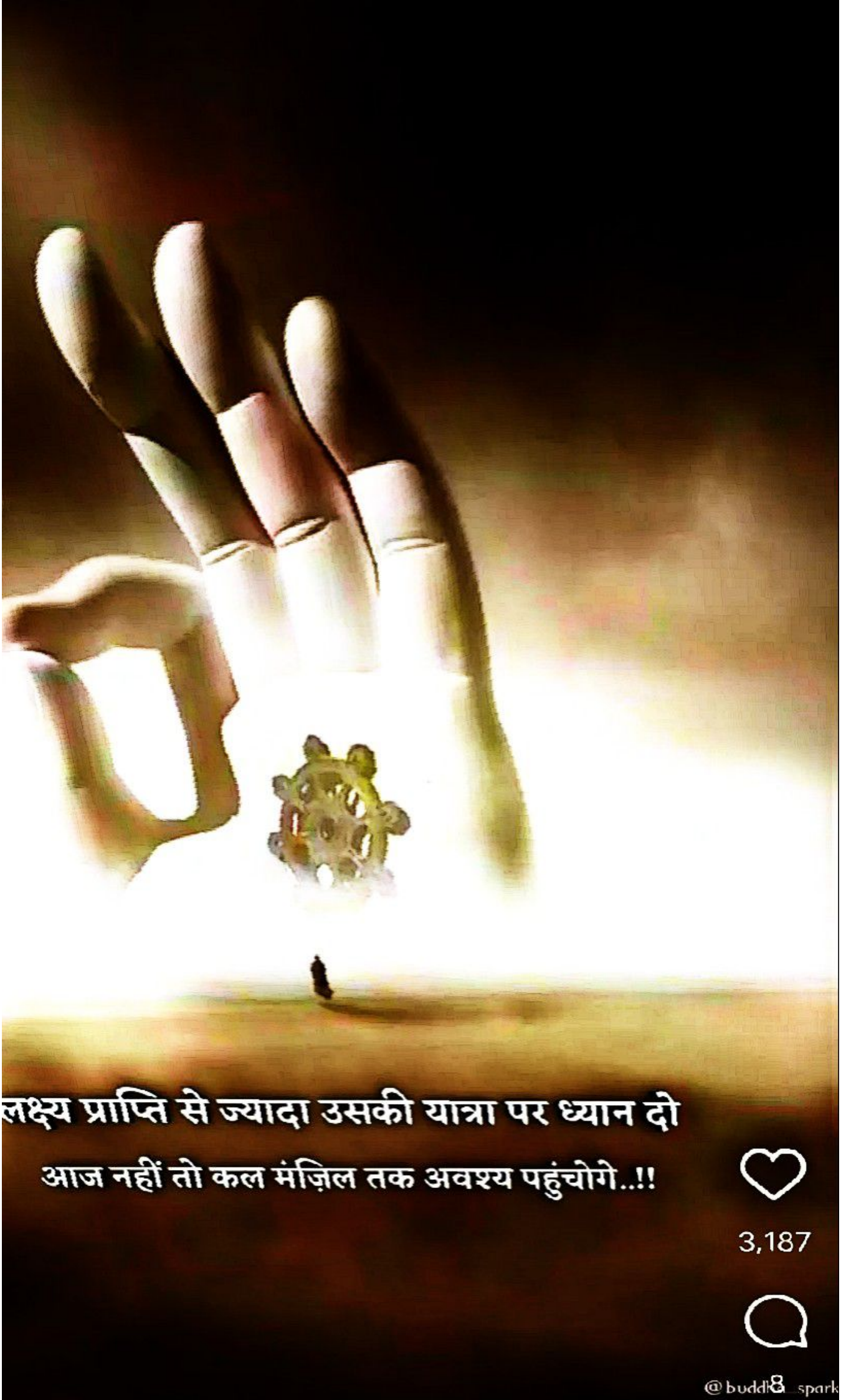
Day shift +2

Easily apply

Basic Skincare Routine

(for Sensitive Skin)

(With options for different skin types)


लक्ष्य प्राप्ति से ज्यादा उसकी यात्रा पर ध्यान दो
आज नहीं तो कल मंज़िल तक अवश्य पहुंचोगे..!!
3,187
8
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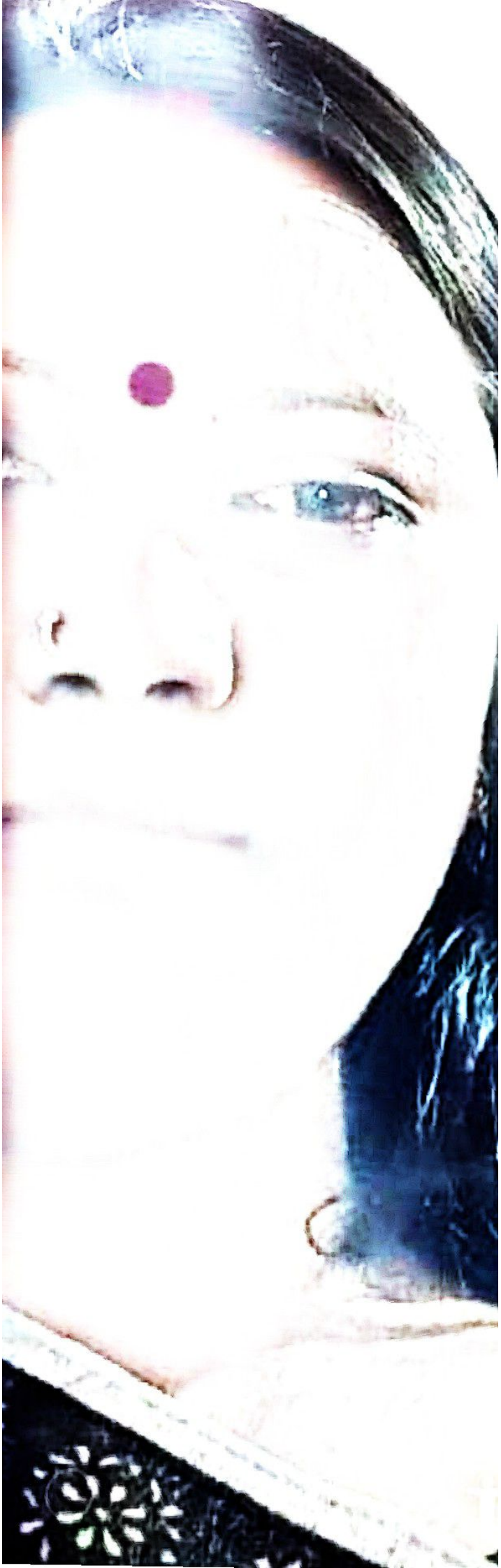

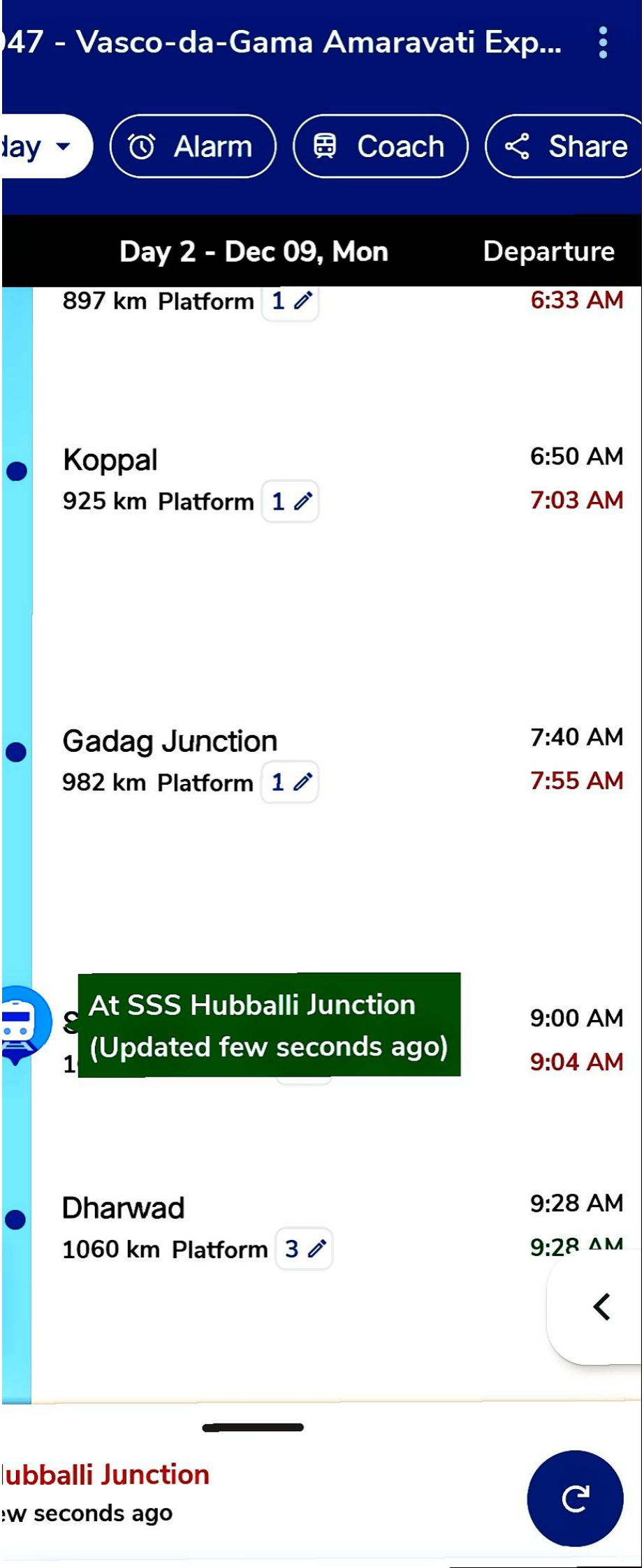
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RNC - Ranchi Junction → JSG - Jharsuguda Junction

HTE - Hatia → JSG - Jharsuguda Junction

12812 9:40 AM — 4h15m — 1:55 PM ₹115

Mumbai LTT SF Express S M T W T F S

Not running today

18175 12:50 PM — 7h15m — 8:05 PM ₹50

Hatia - Jharsuguda MEMU Express Runs Daily

18451 3:30 PM — 5h40m — 9:10 PM ₹100

Tapaswini Express Runs Daily

22837 6:05 PM — 4h25m — 10:30 PM ₹115

Dharti Aaba AC SF Express S M T W T F S

18637 6:05 PM — 4h25m — 10:30 PM ₹100

SMVT Bengaluru Weekly Express S M T W T F S

Not running today

12835 6:05 PM — 4h25m — 10:30 PM ₹115

SMVT Bengaluru SF Express S M T W T F S

Not running today

Check seat availability >

TATA - Tatanagar Jn → TIG - Titlagarh
10 Dec, Tue

Dec | Tue, 10 Few Seats | Wed, 11 Few Seats | Thu, 12 Filling Fast | Fri, 13 Filling Fast | Sat, 1 Filling Fast

18005 Sambaleswari Ex ☆3.4

02:32 TATA — 9h 28m — 12:00 TIG

Schedule

2 days ago	1 day ago	2 days ago
SL ₹295	SL Tatkal ₹395	3A
WL 63	AVL 72	WL 23
55% Chance	Available	65% Chance

18189 Tata Ers Exp ☆3.8

05:15 TATA — 8h 35m — 13:50 TIG

Schedule

1 day ago	2 days ago	2 days ago
SL ₹295	3E ₹730	3A
Regret	WL 12	WL 22
No more booking	56% Chance	73% Chance

22861 Kbj Ispat Exp ☆4.1

10:18 TATA — 8h 57m — 19:15 TIG

Schedule

1 day ago	12 hours ago	12 hours ago
2S ₹190	CC ₹685	3A
AVL 26	AVL 5	WL 7
Available	Available	83% Chance

Filter | Tatkal | Available | AC Only | Sort

18005 **2:32 AM** — 9h28m — **12:00 PM** ₹160

Samaleswari Express — Runs Daily

Left TATA at 03:01 AM

18189 **5:15 AM** — 8h35m — **1:50 PM** ₹160

Ernakulam Jn. Express — Runs Daily

Left TATA at 05:26 AM

12871 **10:18 AM** — 9h27m — **7:45 PM** ₹175

Titlagarh Ispat Express — S **M** T **W** T F **S**

Leaving TATA at 11:31 AM • Platform - 3

22861 **10:18 AM** — 8h57m — **7:15 PM** ₹175

Kantabanji Ispat Express — **S** M **T** W **T** **F** S

Not running today

12889 **6:15 PM** — 8h05m — **2:20 AM** ₹175

SMVT Bengaluru SF Express — S M T W T **F** S

Not running today

18111 **6:15 PM** — 8h05m — **2:20 AM** ₹160

Yesvantpur Weekly Express — S M T W **T** F S

Not running today

Check seat availability ›

08152 **4:30 AM** — 6h05m — **10:35 AM** ₹40

Barkakana - Tatanagar Passenger Special — Runs Daily

Left BRKA at 04:32 AM

18102 **6:00 AM** — 4h20m — **10:20 AM** ₹70

Tatanagar Express — S M T W T F S

Left BRKA at 06:02 AM

18010 **6:55 AM** — 3h35m — **10:30 AM** ₹70

Santragachi Junction SANTRAGACHI EXP — S M T W T F S

Not running today

21894 **8:55 PM** — 3h00m — **11:55 PM** NA

Tatanagar Vande Bharat Express — S M T W T F S

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Check seat availability ›

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198K 2.5K comments 5K shares

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ADVANCE ENGLISH SENTENCES FOR BEGINNERS PRACTICE

1- देर से ही सही पर तुम्हें अकल तो आई।
It's okay even if late but you got wisdom.

2- देर से ही सही पर कम से कम रिप्लाई तो दिया करो।
It's okay even if late but atleast reply me.

3- अच्छा होगा कि तुम ज्यादा ना बोलो।
You had better not speak much.

4- अच्छा होगा कि तुम मुझसे बात ही ना करो।
You had better not talk to me.

5- मुझे आपके पैसों से कोई लेना-देना नहीं है।
I have nothing to do with your money.

6- मुझे उस लड़की से कोई लेना-देना नहीं है।
I have nothing to do with that girl.

7- मुझे आपके साथ समय बिताना है।
Translate it

ENGLISH SPEAKING 41

English Speaking 41

1,422

18047 **7:05 PM** — 20h40m — **3:45 PM**

Vasco-da-Gama Amaravati Express

S M T W T F S

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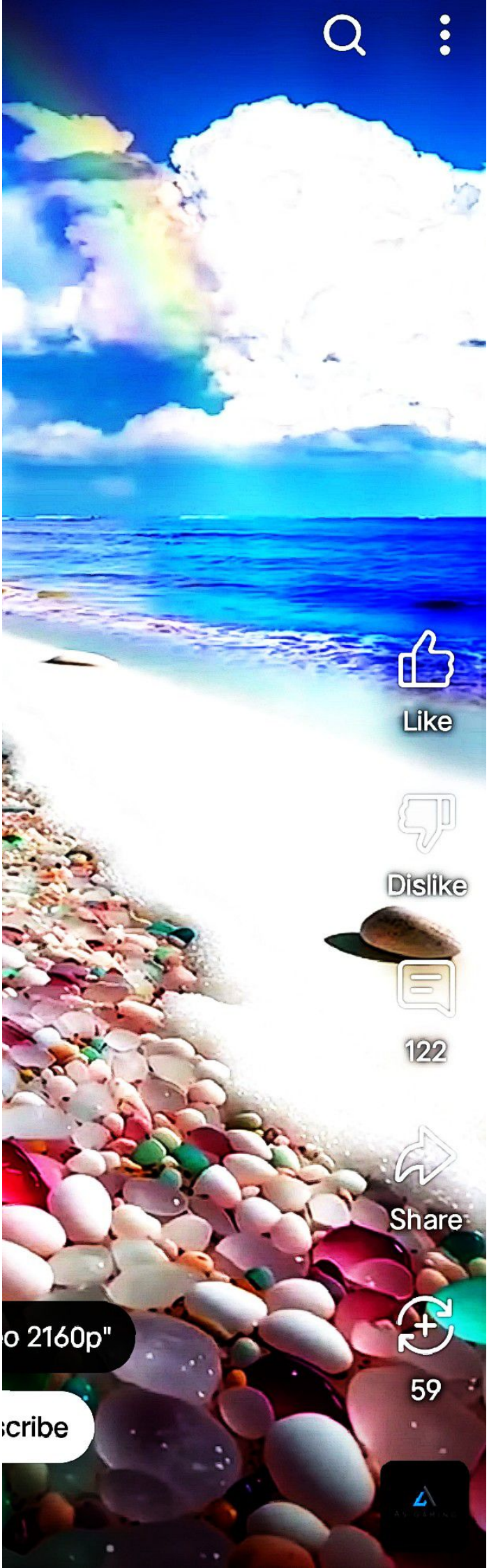
Report missing train

Check seat availability ›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ादतें आपकी जेब खाली कराती है

इन पर कंट्रोल करो

चाय/कॉफी रोजाना खरीदना	पानी की बोतल खरीदना	लॉटरी खरीदना	बाहर ज्यादा खाना
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महंगे गेम खरीदना	ऑफर के चक्कर में ज्यादा खर्चा कर देना	महंगे फोन लेना	शराब की आदत पर खर्चा

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revivalofwisdom

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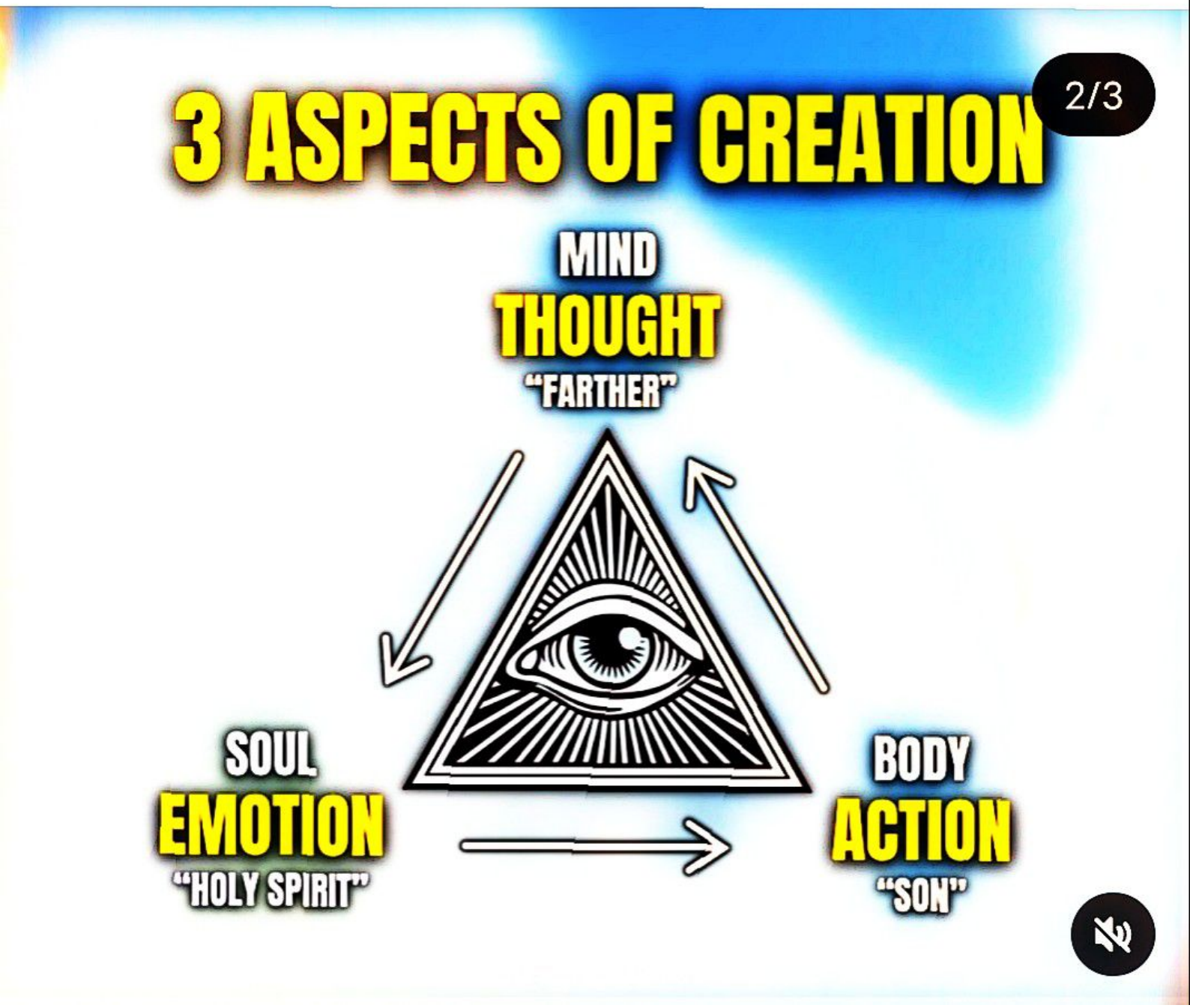

संभोग से पहले खा लें यह,

एक घंटे तक नही निकलेगा पानी

1- लहसुन पीसकर शहद के साथ खा लें

2- इसबगोल को दूध और शहद में मिलाकर खाएं.

3- अश्वगंधा पाउडर को गुनगुने दूध के साथ मिलाकर पी लें,

4- गोखुरू का पाउडर दूध के साथ मिलाकर पी लें

टाइमिंग बढ़ाने के लिए इनमे से कोई भी एक नुस्खा अपना सकते है..

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khatushyamji4260

♫ Prithvi • Diwali

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How to write clearly

By Edward T. Thompson
Editor-in-Chief, Reader's Digest

International Paper asked Edward T. Thompson to share some of what he has learned in nineteen years with Reader's Digest, a magazine famous for making complicated subjects understandable to millions of readers.

If you are afraid to write, don't be.

If you think you've got to string together big fancy words and high-flying phrases, forget it.

To write well, unless you aspire to be a professional poet or novelist, you only need to get your ideas across simply and clearly.

It's not easy. But it is easier than you might imagine.

There are only three basic requirements:

First, you must *want* to write clearly. And I believe you really do, if you've stayed this far with me.

Second, you must be willing to *work hard*. Thinking means work—and that's what it takes to do anything well.

Third, you must know and follow some *basic guidelines*.

If, while you're writing for clarity, some lovely, dramatic or inspired phrases or sentences come to you, fine. Put them in.

But then with cold, objective eyes and mind ask yourself: "Do they detract from clarity?" If they do, grit your teeth and cut the frills.

Follow some basic guidelines

I can't give you a complete list of "dos and don'ts" for every writing problem you'll ever face.

But I can give you some fundamental guidelines that cover the most common problems.

1. Outline what you want to say.

I know that sounds grade-schoolish. But you can't write clearly until, *before you start*, you know where you will stop.

Ironically, that's even a problem in writing an outline (i.e., knowing the ending before you begin).

So try this method:

- On 3"x 5" cards, write—one point to a card—all the points you need to make.
- Divide the cards into piles—one pile for each group of points closely related to each other. (If you were describing an automobile, you'd put all the points about mileage in one pile, all the points about safety in another, and so on.)
- Arrange your piles of points in a sequence. Which are most important and should be given first or saved for last? Which must you present before others in order to make the others understandable?
- Now, *within* each pile, do the same thing—arrange the points in logical, understandable order.

There you have your outline, needing only an introduction and conclusion.

This is a practical way to outline. It's also flexible. You can add, delete or change the location of points easily.

2. Start where your readers are.

How much do they know about the subject? Don't write to a level higher than your readers' knowledge of it.

CAUTION: Forget that old—and wrong—advice about writing to a 12-year-old mentality. That's insulting. But do remember that your prime purpose is to *explain* something, not prove that you're smarter than your readers.

3. Avoid jargon.

Don't use words, expressions, phrases known only to people with specific knowledge or interests.

Example: A scientist, using scientific jargon, wrote, "The biota exhibited a one hundred percent mortality response." He could have written: "All the fish died."

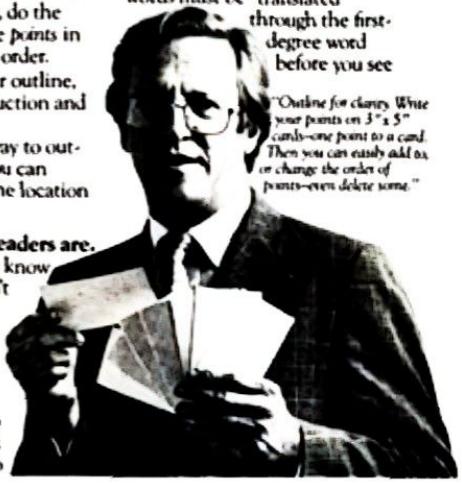
4. Use familiar combinations of words.

A speech writer for President Franklin D. Roosevelt wrote, "We are endeavoring to construct a more inclusive society." F.D.R. changed it to, "We're going to make a country in which no one is left out."

CAUTION: By familiar combinations of words, I do *not* mean incorrect grammar. That can be unclear. Example: John's father says he can't go out Friday. (Who can't go out? John or his father?)

5. Use "first-degree" words.

These words immediately bring an image to your mind. Other words must be "translated" through the first-degree word before you see



"Outline for clarity. Write your points on 3" x 5" cards—one point to a card. Then you can easily add to, or change the order of points—even delete some."

132

Save

● joanna

how to?

#how #tips #articles

What do you think?

Add a comment

How to "hack" Google

these 50 search shortcuts save so much time

01 **Search for keywords in page titles**
Example - intitle:ecommerce

02 **Search for phrases in page titles**
Example - allintitle:get twitter followers

03 **Search for keywords in blog post titles**
Example - inblogtitle:ecommerce

04 **Search for phrases in blog post titles**
Example - allinblogtitle:get twitter followers

05 **Search for keywords in page text**
Example - intext:ecommerce

06 **Search for phrases in page text**
Example - allintext:ecommerce marketing tips

07 **Search for exact matches**
Example - "social media posting schedule" infographic

08 **Search for keywords in anchor texts**
Example - inanchor:snapchat

09 **Search for phrases in anchor texts**
Example - allinanchor:snapchat marketing tips

10 **Search for keywords in URLs**
Example - inurl:ecommerce

11 **Search for phrases in URLs**
Example - allinurl:how to get more sales

12 **Search for content by a certain author**
Example - allinpostauthor:neil patel

13 **Search for words near each other**
Example - marketing AROUND(6) ecommerce

14 **Search for phrases near each other**
Example - "content marketing" AROUND(8) " ecommerce strategies"

15 **Search for synonyms**
Example - birthday party ~decor

1. KNOW WHERE YOU STAND
2. SET YOUR GOALS
3. TRACK WHERE YOUR MONEY GOES
4. SPEND LESS ON USELESS JUNK
5. PAY OFF DEBT ASAP
6. SAVE SURPLUS MONEY
7. CREATE MORE SOURCES OF INCOME
8. AVOID LIFETYLE INFLATION
9. INVEST IN THE FUTURE
10. REPEAT THE PROCESS
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A I can imagine it being incredibly useful for automating complex busine... view all

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THE GOLDEN RULE

Hinduism

Everything you should do you will find in this:
Do nothing to others
That would hurt you if it were done to you.

MAHABHARATA 5:1517

Buddhism

Do not offend others
As you would not want to be offended.

UDANAVARGA 5:18

Taoism

The successes of your neighbor and their losses
Will be to you as if they were your own.

T'AI-SHANG KAN-YING P'IEN

Confucianism

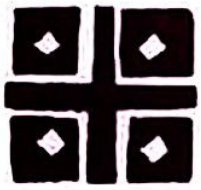
Is there any rule that one should follow all of one's life?
Yes! The rule of the gentle goodness:
That which we do not wish to be done to us, we do not do to others.

ANALECTAS 15:23

Judaism

That which you do not wish for yourself
You shall not wish for your neighbor.
This is the whole law: the rest is only commentary.

TALMUD SHABBAT 31^



Christianity

In everything, do to others what
You would have them do to you.
For this sums up the law and the prophets.

MATTHEW 7:12

Islam

None of you shall be true believers
Unless you wish for your brother
The same that you wish for yourself.

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Specs Customize →

- Intel® Core™ i9 14900HX
- Windows 11 Home Single Language (Dell Technologies recommends Windo...
- NVIDIA® GeForce RTX™ 4080, 12 GB GD...
- 32 GB: 2 x 16 GB, DDR5, 5600 MT/s, non-...
- 1 TB, M.2, PCIe NVMe, SSD
- 45.7-cm. display Quad HD+ (2560X1600...

Quick View

Sort By:

Relevance

Filters

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XPS 13 Laptop

★★★★☆ 4.0 (214)

₹1,60,489.99

Price inclusive of GST. Free Delivery.

Estimated delivery date

Specs Customize →

- Snapdragon® X Elite, X1E-80-100
- Windows 11 Home (Dell Technologies recommends Windo...
- Qualcomm® Adreno™ GPU
- 16GB, LPDDR5X, 8448MT/s, integrated
- 512 GB, M.2, PCIe NVMe, SSD
- 34-cm. touch display 3K (2880X1800) O...

Quick View

इस वाक्य का अनुवाद करें

मैं उससे दिन के खाने पर मिलूँगा।

I will meet him at the launch

आदमी को
मोहब्बत और
इज़्ज़त केवल
और केवल
उसकी कमाने
की काबिलियत
की वजह से
ही मिलती है
और ये काबिलियत
जितनी ज़्यादा
हो मोहब्बत
और इज़्ज़त
उतनी ही ज्यादा
मिलती है

00030

Parneet Biseria

12 hours ago (edited)

I got my first job offer on the seventh day of my last exam in the final year.

All of my friends told me that I should not join any company and rather I should further my studies.

I asked my father and he told me that I should join the company and simultaneously try to further my studies.

During the initial years of my career I hated my father for this decision, but after around 10 years, I realised that it was the best and wisest decision.

अब चलिए उस वीडियो का नाम भी लिख दीजिए जिस वीडियो से हमको यह शिक्षा मिलती है

Money Series
Here is the link👇

https://www.youtube.com/channel/UCyzf...

268K

356

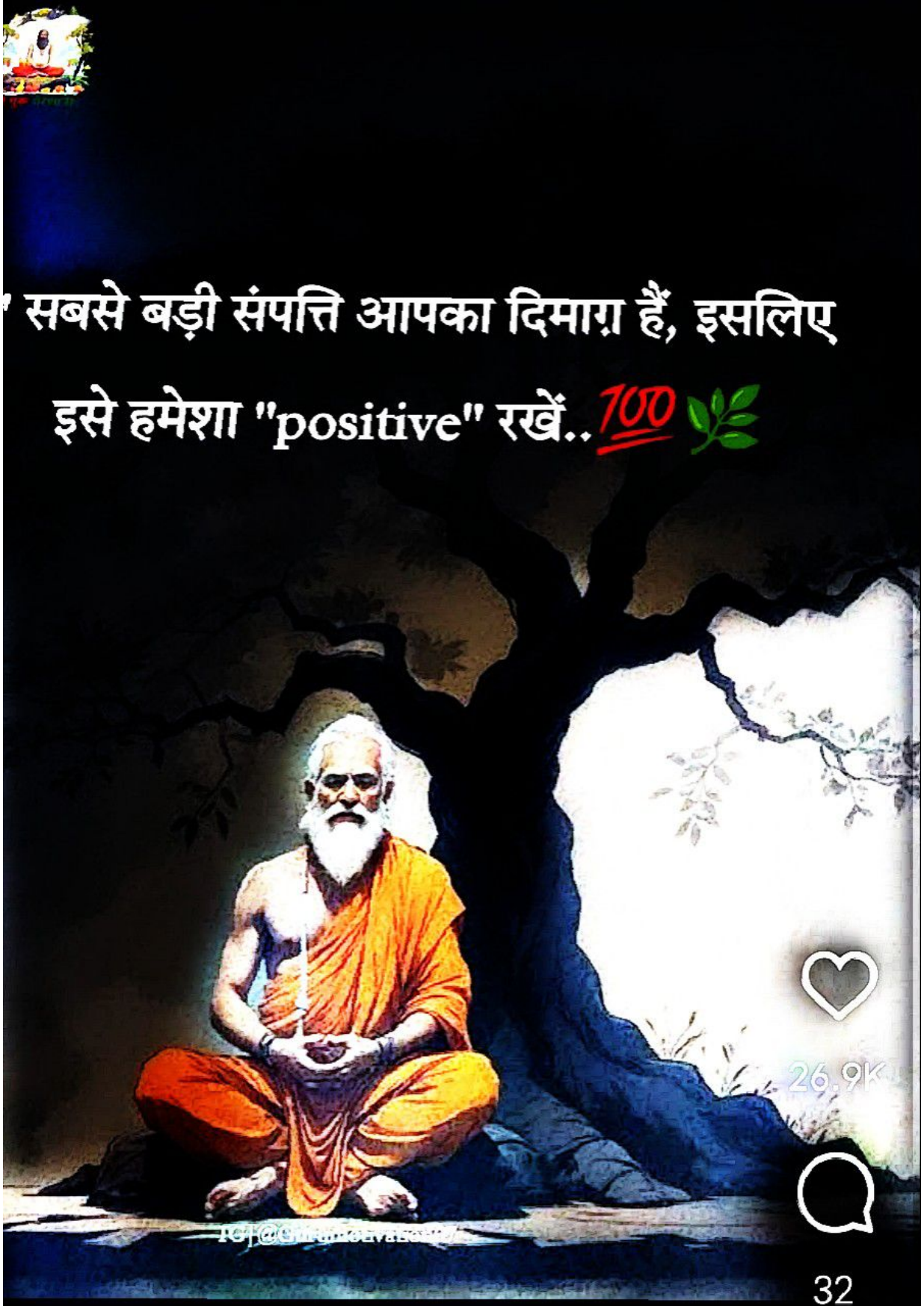
46.2K

winterarc_king

♫ ə Caribbean") Kian Sc

Follow

Listen to bro. Bro is smart. The world isn't buil ...



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ji aapne

62

Reply See translation

sant.sangat 7d • Author

❤️🙏

20

Reply

View 1 more reply

vibe.with.avnish 7d • ❤️

He explained a very high level of sadhana in simple terms. Even if u watched this, very very handful ppl will actually take action and practice this kriya regularly. So don't among the ones to just listen and scroll, listen and practice .

471

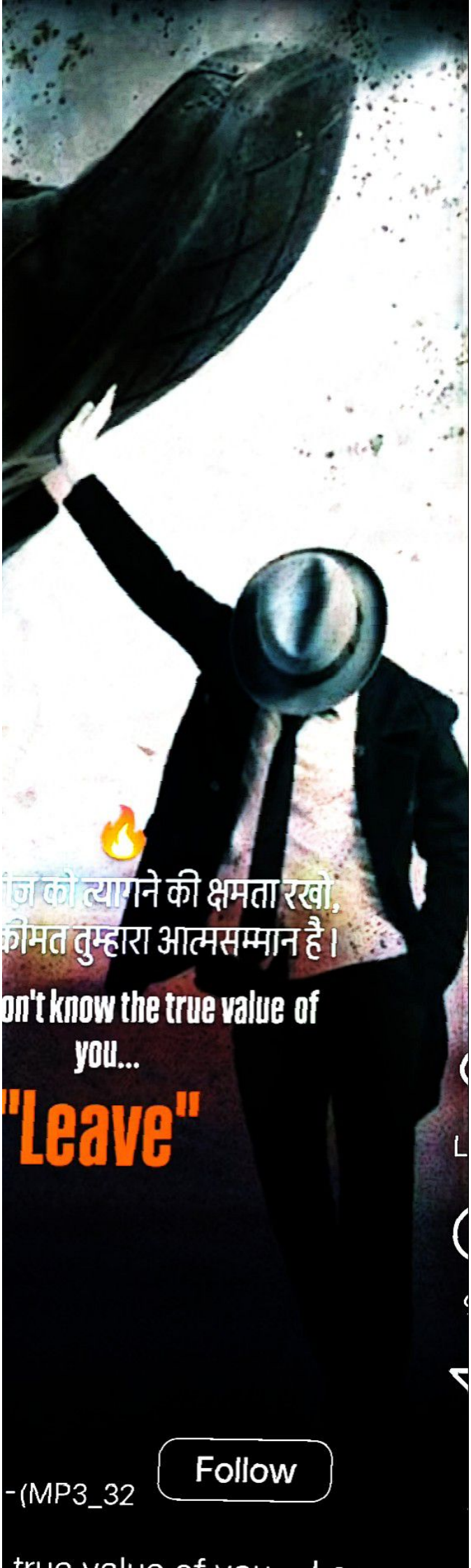
Reply

sant.sangat 7d • Author

@vibe.with.avnish Yes ❤️

❤️ 🙌 🔥 👏 🙏 😍 🚩 😢

Add a comment…


ज को त्यागने की क्षमता रखो,
कीमत तुम्हारा आत्मसम्मान है।
on't know the true value of
you...
"Leave"
Follow
-(MP3_32

Mr.

"mister"
Used for all men

Mrs.

"missus"
Used for married women

Ms.

"mizz"
Used for all women

Miss

"miss"
Used for girls or single women

Reels
Silent T
Listen
Asthma
Mortgage
Tsunami
Soften
Fasten
Glisten
Ballet
Buffet
Gourmet
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jforrestenglish
Follow
Words with Silent T #learnenglish #english

- कितनी चीनी (Kitni cheeni) – How much sugar (हाव मच शुगर)
- कितने किलोग्राम चीनी (Kitne kilogram cheeni)– How many Kilograms of sugar (हाव मैनी किलोग्रैम्स ऑफ शुगर)
- चीनी के कितने दाने (Cheeni ke kitne dane)– How many sugar grains (हाव मैनी शुगर ग्रेन्स)
- कितना चावल (Kitne chawal)– How much rice (हाव मच राइस)
- चावल के कितने दाने (Chawal ke kitne dane)– How many rice grains (हाव मैनी राइस ग्रेन्स)
- कितने किलोग्राम चावल (Kitne kilogram chawal)– How many Kilograms of rice (हाव मैनी किलोग्रैम्स ऑफ राइस)
- कितना दूध (Kitna doodh)– How much milk (हाव मच मिल्क)

- क्या (Kya) – What (वट)
- क्या क्या (Kya-Kya) -What all (वट ऑल)
- क्यों (Kyu)– Why (वाय)
- कब (Kab) -When (वैन)
- कब और क्यों (Kab aur kyu) - When and why (वैन एण्ड वाय)
- कब कब (Kab Kab)– How often (हाव ऑफन)
- कहाँ (Kaha) – Where (वेयर)
- कहाँ कहाँ (Kaha Kaha) – Where all (वेयर ऑल)
- कैसे (Kaise) – How (हाव)
- किस तरह (Kis tarah)– How come (हाव कम)
- किस तरह का (Kis tarah ka)– What kind/type of (वट काइंड/ टाईप ऑफ)
- कैसे कैसे लोग (Kese Kese log)- What kind/type of people (वट काइंड/ टाईप ऑफ पीपल)

- कौन (Kaun)– Who (हू)
- कौन कौन (Kaun Kaun)– Who all (हू ऑल)
- कौन सा (Kaun sa) -Which (विच)
- कौन कौन से (Kaun Kaun se) - Which all (विच ऑल)
- किसका (Kiska) - Whose (हूज़)
- किसे, किससे, किसको (Kise, Kisse, Kisko)– Whom (हूम)
- कितने (Kitne) – How many (हाव मैनी)
- कितने लोग (Kitne log)– How many people (हाव मैनी पीपल)
- ऐसे कितने लोग (Ese kitne log)– How many such people (हाव मैनी सच पीपल)
- आपमें से कितने (Aapme se kitne) – How many of you (हाव मैनी ऑफ यू)
- कितना (Kitna) - How much (हाव मच)

2,238 43

February 29, 2020

official.sapna_chauhan

2,597 52

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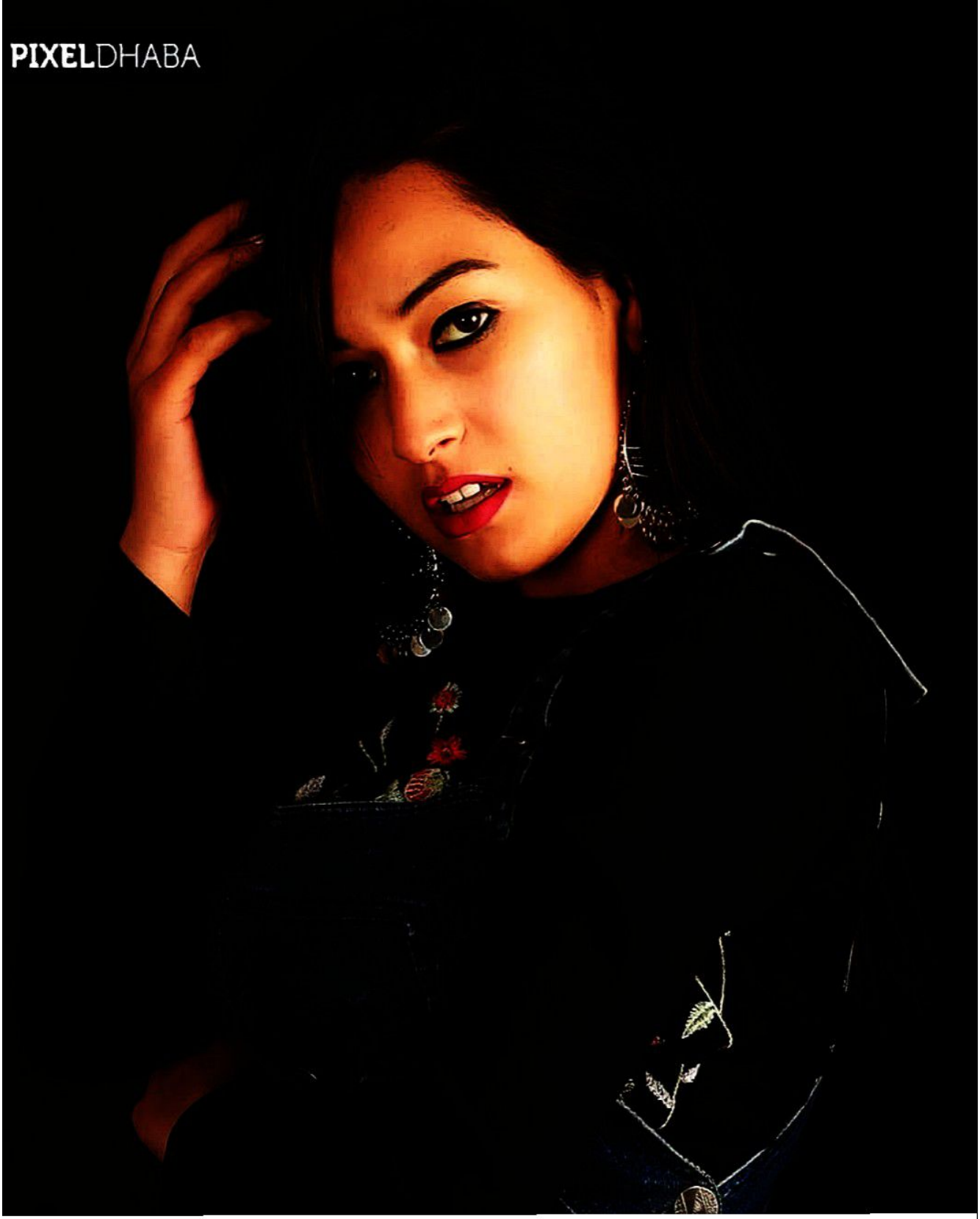
clicsssssss(@veereshpathania)

February 27, 2020

official.sapna_chauhan



2,267 62

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April 13, 2020

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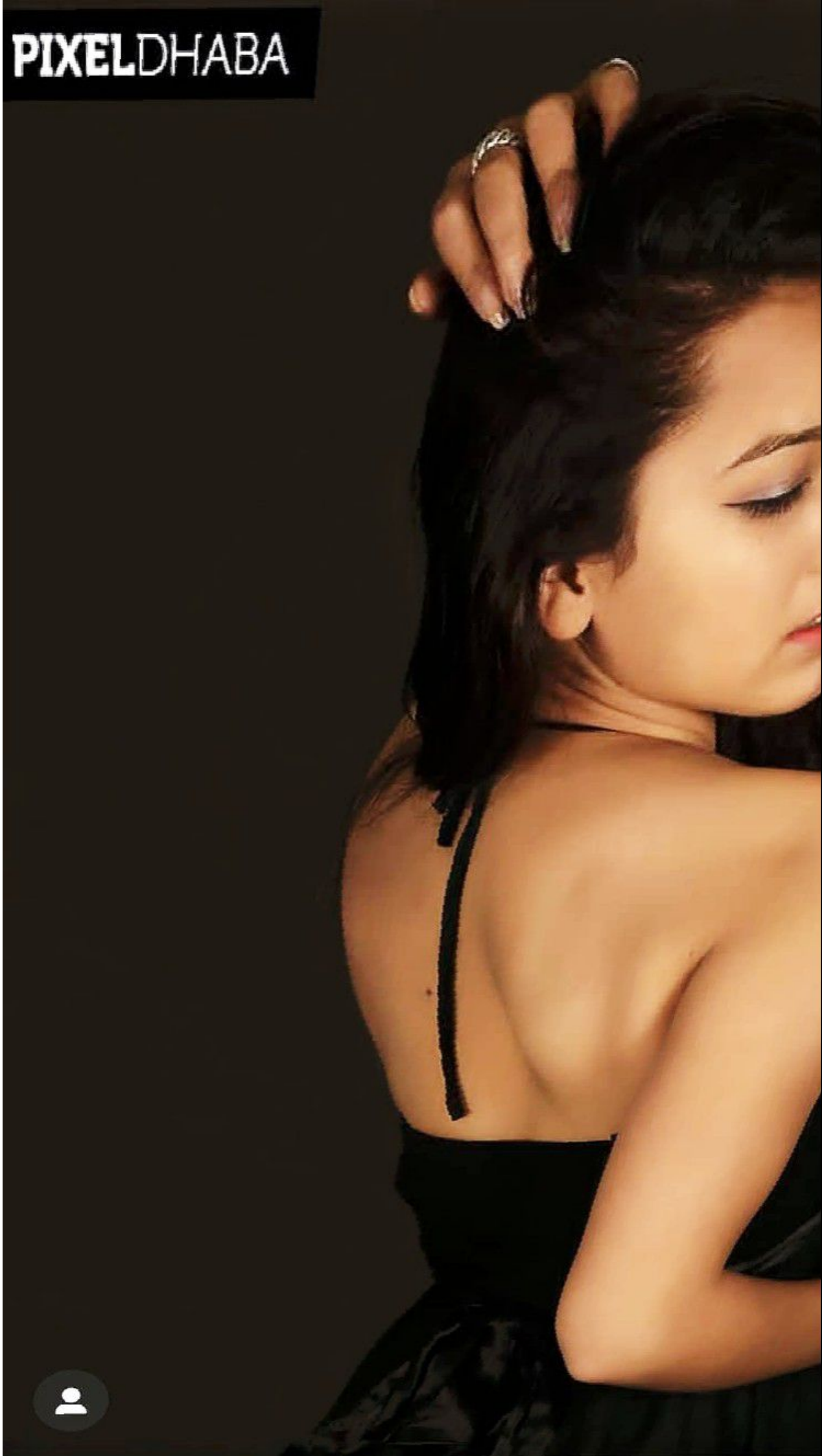
PIXELDHABA

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SERUM
EXPERT
Promotes Hair Growth
Redensyl
Anagain
Baicapil
Capilia Longa
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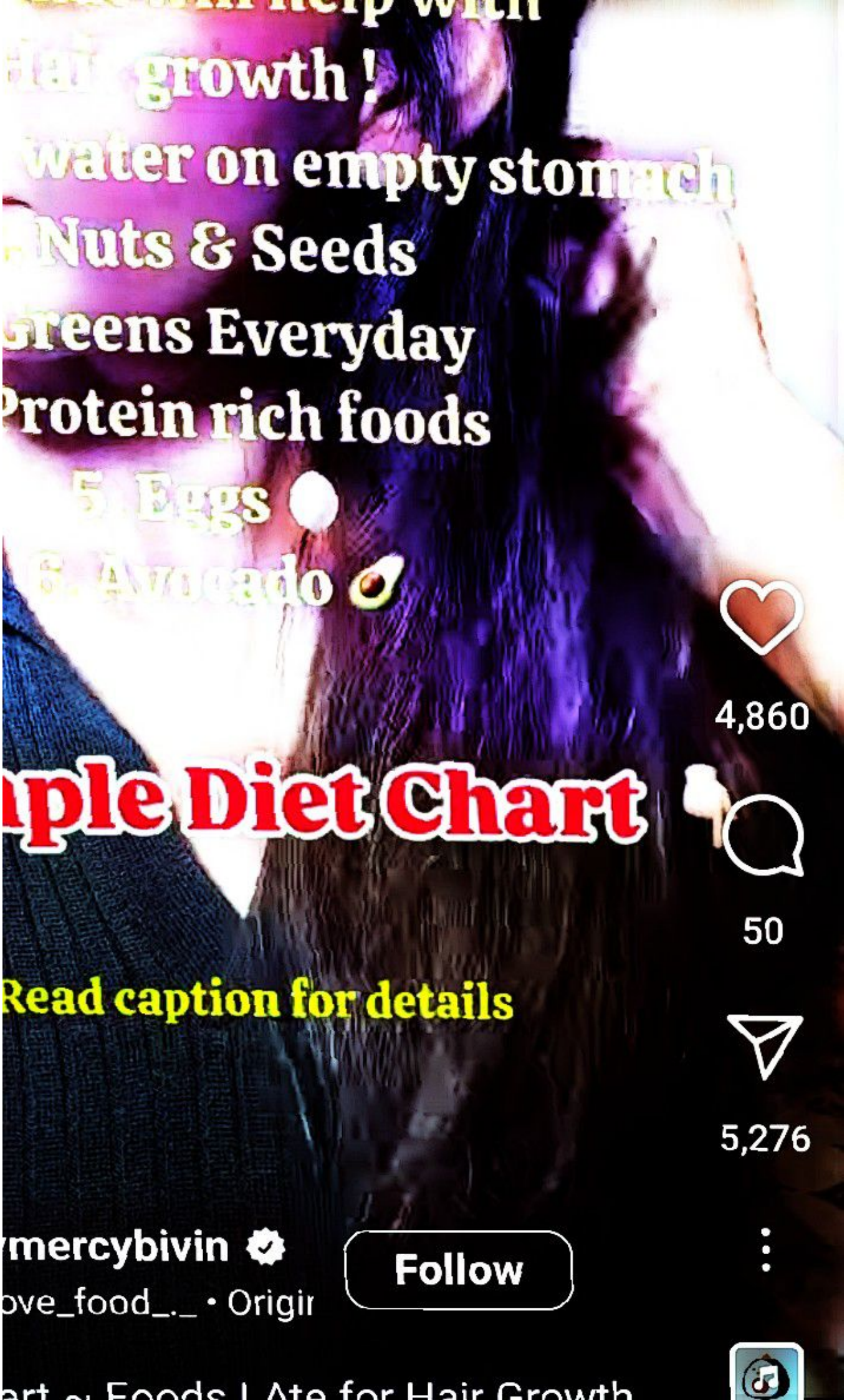
Follow
hair " to get the link


growth !
water on empty stomach
Nuts & Seeds
Greens Everyday
Protein rich foods
5. Eggs
6. Avocado
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Follow
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art ~ Foods I Ate for Hair Growth

Height Growth Exercise

Butterfly Pose

Bridge Pose

Cat Pose

Cow Pose

Cobra Pose

Downward Facing Dog Pose

Locust Pose

Pigeon Pose

Triangle Pose

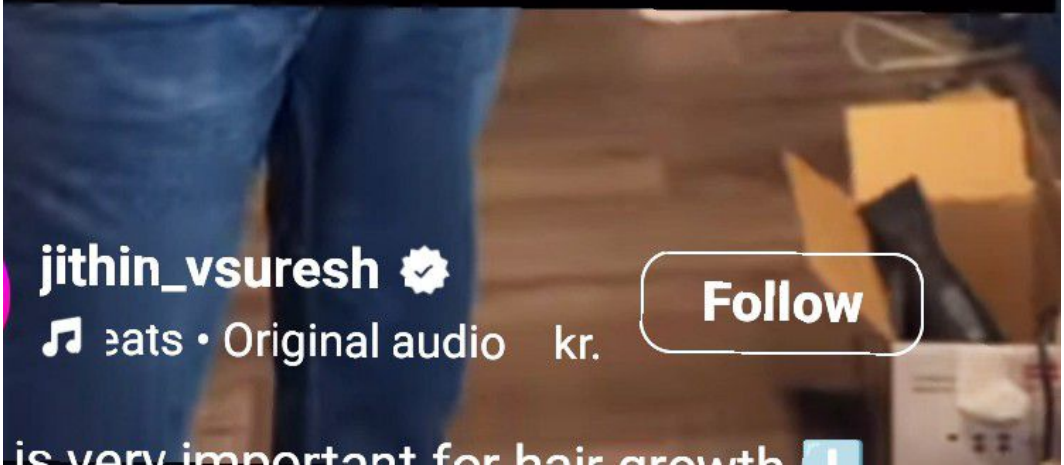
Dinner 7-8PM

Veg : Bowl of lentils of choice, bowl of paneer curry /burji, bowl of salad

Non veg : air fried or grilled chicken or fish or else 3 eggs omelette

Dessert: A small piece of jaggery

SAVE & SHARE ❤️



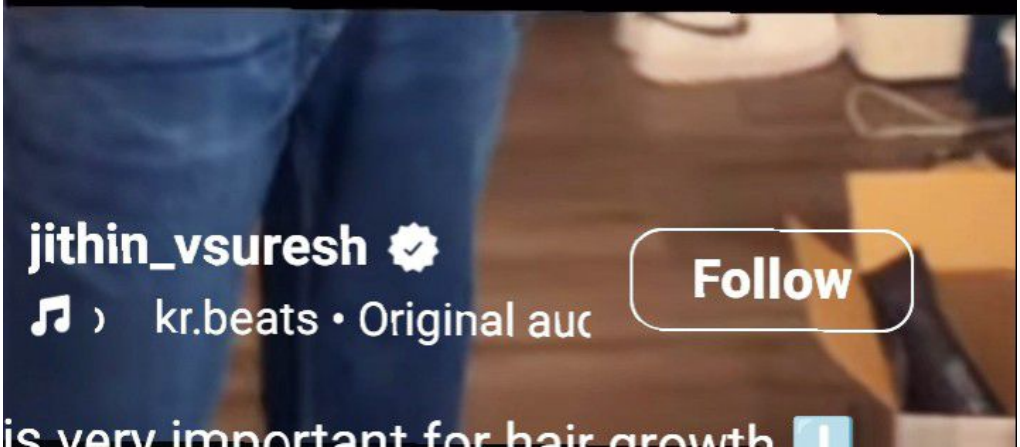
Lunch 1-2 PM

1/2 cup oats or 1/2 cup rice or 3 chappati
Veg : Bowl of dal or channa or rajma or any lentil of choice , or paneer burji.
Non veg: Air fried chicken or fish or eggs
1 cup of yogurt
2 dates as dessert or small peice of jaggery or little honey

Evening snack 4-5 Pm

1/2 cup of yogurt with blueberries and honey
Or Roasted chickpeas
Or Roasted Makhana
Or Glass of milk
Or fruits like melons or cantaloupes
Or Glass of tea / coffee without sugar you can add stevia or honey as sweeteners.

SAVE & SHARE ❤️



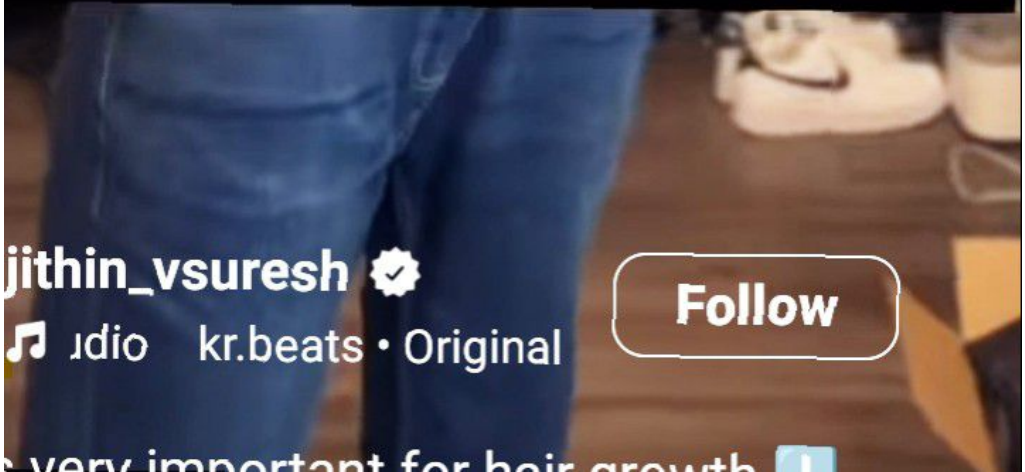
Breakfast 8am -9am

1 /2 litre of hot water
1 Fruit (Mostly Apple or Banana)
Overnight soaked Oatmeal (1/2 oats , 1 cup milk, 2 teaspoons chia seeds , 1/2 teaspoons cocoa powder, 1 tablespoons honey)
Or
3 eggs omelette with 1/2 cups oats mixed with it
Or
Over night soaked dry fruits (10 almonds, 10 cashews, 4 dates , 2 figs , 1/2 handful of resins)

Morning Snack 11:30-12:00 Pm

Fruits of choice (papaya, oranges, peaches, licchi etc)
Handful of peanuts (nuts of your choice)

SAVE & SHARE ❤️



B&T
USA
Hair Growth Oil

R89
Lipocol - Hair Care drops
Fabricado por / Manufactured by:
Tegor Laboratorios, S.L., 48170 Zamudio, Vizcaya, SPAIN.
Bajo licencia de / under licence from: Dr. Reckeweg & Co. Gmbh.
Bensheim, Germany.
R89 Lipocol - Hair Ca
Medicina Homeopática / Homeopat
10 ml contiene / 10 ml contain:
Alfalfa D3 1 ml, Hypophysis D30 2 ml,
phosphoricum D4, D6, D12 ana 0,5 ml,
Lecithinum D3 1 ml, Oenothera biennis
D3 0,5 ml, Testes D30 2 ml
37 vol. % Alcohol

15 बूंद दिन में 3 बार
dr.hemant_srivastava
Follow
Allan Preetha allanpr
की यह स्थिति आने से पहले अपनायें होम्योपैथी के चार

Lycopodium 30
Dr.Reckeweg
D-64625 Bensheim

145
द दिन में तीन बार
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emant_srivastava
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ex BGM Mix - Allan Pre
स्थिति आने से पहले अपनायें होम्योपैथी के चार ...

Selenium 30
Original Product/Mfg. by:
Dr.Reckeweg
D-64625 Bensheim

2 बूँद दिन में तीन बार
dr.hemant_srivastava
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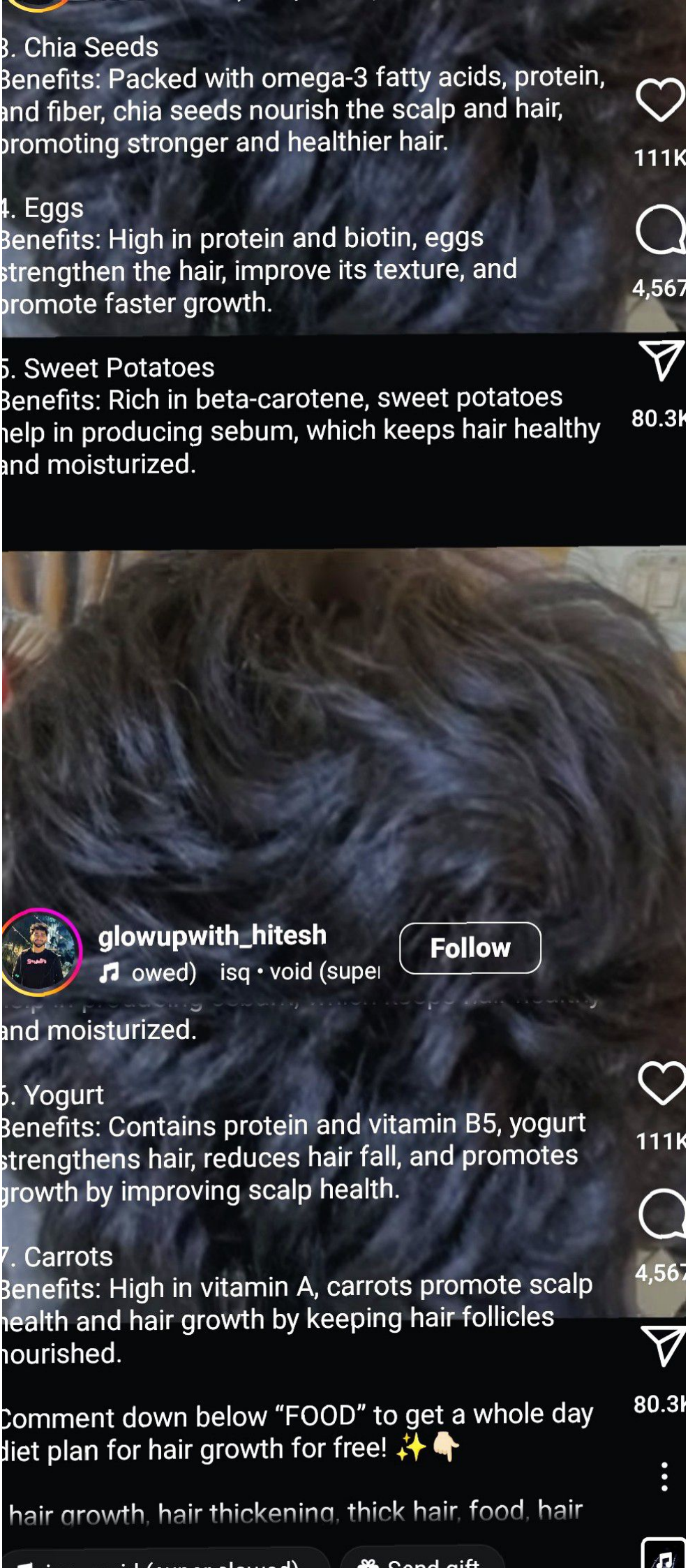
Pushpa x Rolex BGM
की यह स्थिति आने से पहले अपनायें होम्योपैथी के चार ...


3. Chia Seeds
Benefits: Packed with omega-3 fatty acids, protein, and fiber, chia seeds nourish the scalp and hair, promoting stronger and healthier hair.
4. Eggs
Benefits: High in protein and biotin, eggs strengthen the hair, improve its texture, and promote faster growth.
5. Sweet Potatoes
Benefits: Rich in beta-carotene, sweet potatoes help in producing sebum, which keeps hair healthy and moisturized.
111K
4,567
80.3K
glowupwith_hitesh
owed) isq • void (super
Follow
and moisturized.
6. Yogurt
Benefits: Contains protein and vitamin B5, yogurt strengthens hair, reduces hair fall, and promotes growth by improving scalp health.
7. Carrots
Benefits: High in vitamin A, carrots promote scalp health and hair growth by keeping hair follicles nourished.
Comment down below “FOOD” to get a whole day diet plan for hair growth for free! ✨👇🏻
hair growth, hair thickening, thick hair, food, hair
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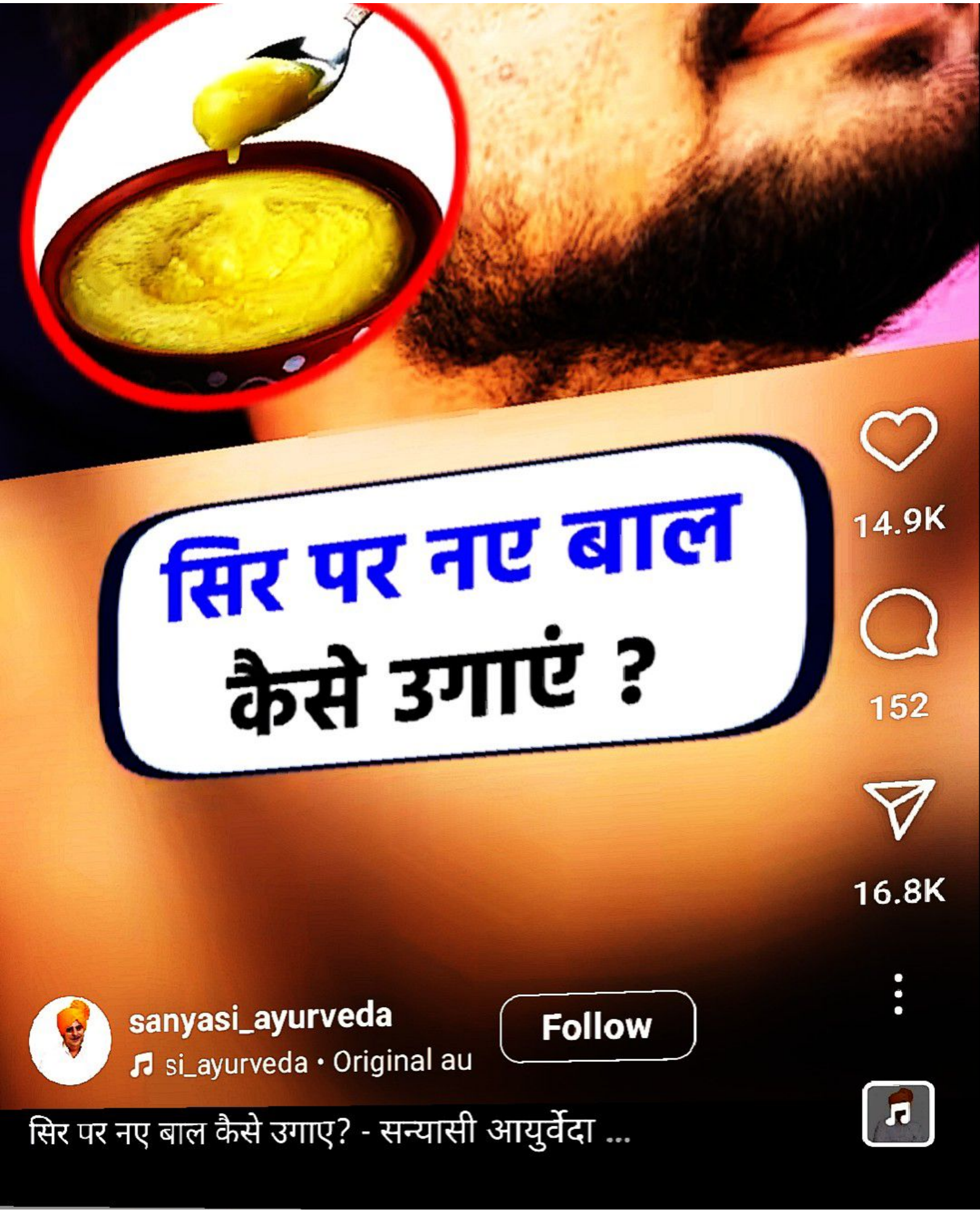
सिर पर नए बाल
कैसे उगाएं ?
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16.8K
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सिर पर नए बाल कैसे उगाएं ?

14.9K

16.8K

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16.8k

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सिर पर नए बाल कैसे उगाए? - सन्यासी आयुर्वेदा ...

unstained beauty. Honor all you truly are by living your genius instead of loathing yourself, by denying your specialness. Procrastination is an act of self-hatred," the billionaire repeated. "So really go all in on installing *The 20/20/20 Formula* as the core way of managing your morning."

The billionaire showed the framework to the entrepreneur and the artist. It looked like this:

THE 20/20/20 FORMULA
DECONSTRUCTION

POCKET #1
05:00 AM – 05:20 AM
MOVE

WHAT	WHY	BENEFITS
• INTENSE EXERCISE • SWEAT HARD • LEARN • HYDRATE • BREATHE DEEPLY	• CLEANSES CORTISOL • BDNF FLOWS • DOPAMINE RISES • SEROTONIN INCREASES • METABOLISM ELEVATES	• MORE FOCUS + PRODUCTIVITY • FOCUS + BRAIN OPTIMIZED • ENERGY GROWS • LESS STRESS • LIVE LONGER

POCKET #2
05:20 AM – 05:40 AM
REFLECT

WHAT	WHY	BENEFITS
• JOURNAL • MEDITATE • PLAN • PRAY • CONTEMPLATE	• GRATITUDE BOOSTED • AWARENESS SOARS • HAPPINESS LIFTS • WISDOM DEVELOPS • SERENITY EXPANDS	• GREATER POSITIVITY • DECREASED REACTIVITY • HIGHER CREATIVITY • STRONGER PERFORMANCE • RICHER LIFE

POCKET #3
05:40 AM – 06:00 AM
GROW

WHAT	WHY	BENEFITS
• REVIEW GOALS • READ BOOKS • CONSUME AUDIOBOOKS • LISTEN TO PODCASTS • STUDY ONLINE	• THE 2x3x MINDSET • KNOWLEDGE DEEPENS • ACUMEN ESCALATES • CONFIDENCE ACCELERATES • MASTER CHANGE	• BETTER INCOME + IMPACT • CRAFT CALIBRATES • DOMAIN DOMINANCE • PERSONAL GROWTH • INSPIRATION RISES

GOAL SETTING
SOMEDAY GOAL
WHAT'S THE ON THING I WANT TO DO SOMEDAY?
5 YEARS GOAL
BASED ON MY SOMEDAY GOAL, WHAT'S THE ONE THING I CAN DO IN NEXT 5 YEARS?
1 YEAR GOAL
BASED ON MY 5 YEAR GOAL, IS WHAT'S THE ONE THING I CAN DO THIS YEAR?
MONTHLY GOAL
BASED ON MY 1 YEAR GOAL, WHAT'S THE ONE THING I CAN DO THIS MONTH?
WEEKLY GOAL
BASED ON MY MONTHLY GOAL, WHAT'S THE ONE THING I CAN DO THIS WEEK?
DAILY GOAL
BASED ON MY WEEKLY GOAL, WHAT'S THE ONE THING I CAN DO TODAY?
RIGHT NOW
BASED ON MY DAILY GOAL, WHAT'S THE ONE THING I CAN DO RIGH NOW?

943 7 Save

H humaqqi

goals

7 comments

A true!!! the someday vision is what paves your path and keeps you in line in all ... view all

Add a comment

More to explore

Collective Nouns

(For People)

A group of security is called:	Squad
A group of actors is called:	Cast
A group of sailors is called:	Crew
A group of dancers is called:	Troupe
A group of athletes is called:	Team
A group of friends is called:	Circle
A group of ambassadors is called:	Delegation
A group of experts is called:	Panel
A group of recruits is called:	Batch
A group of singers is called:	Choir
A group of musicians is called:	Band
A large group of people is called:	Crowd
A group of decision-makers is called:	Committee
A group of listeners is called:	Audience
A group of criminals is called:	Gang

Follow **Students Knowledge** for General Knowledge & Current Affairs

Most people will look at these,
feel motivated for a second - and then do nothing with it.

Only 1% of people will do what it takes to take action and achieve their dreams.

Is that you?

Comment **"START"** and I'll show you how you can make 10k/month on your phone.

670

3,981

max_tornow_business Follow

The xx • Intro

The best time to invest is now. You can get my Black Friday Special and my incredible new AI tool

5. TAKING CALCULATED RISKS

99% of people stay broke because they play it safe.

You need to take smart risks to grow your wealth.

21.8
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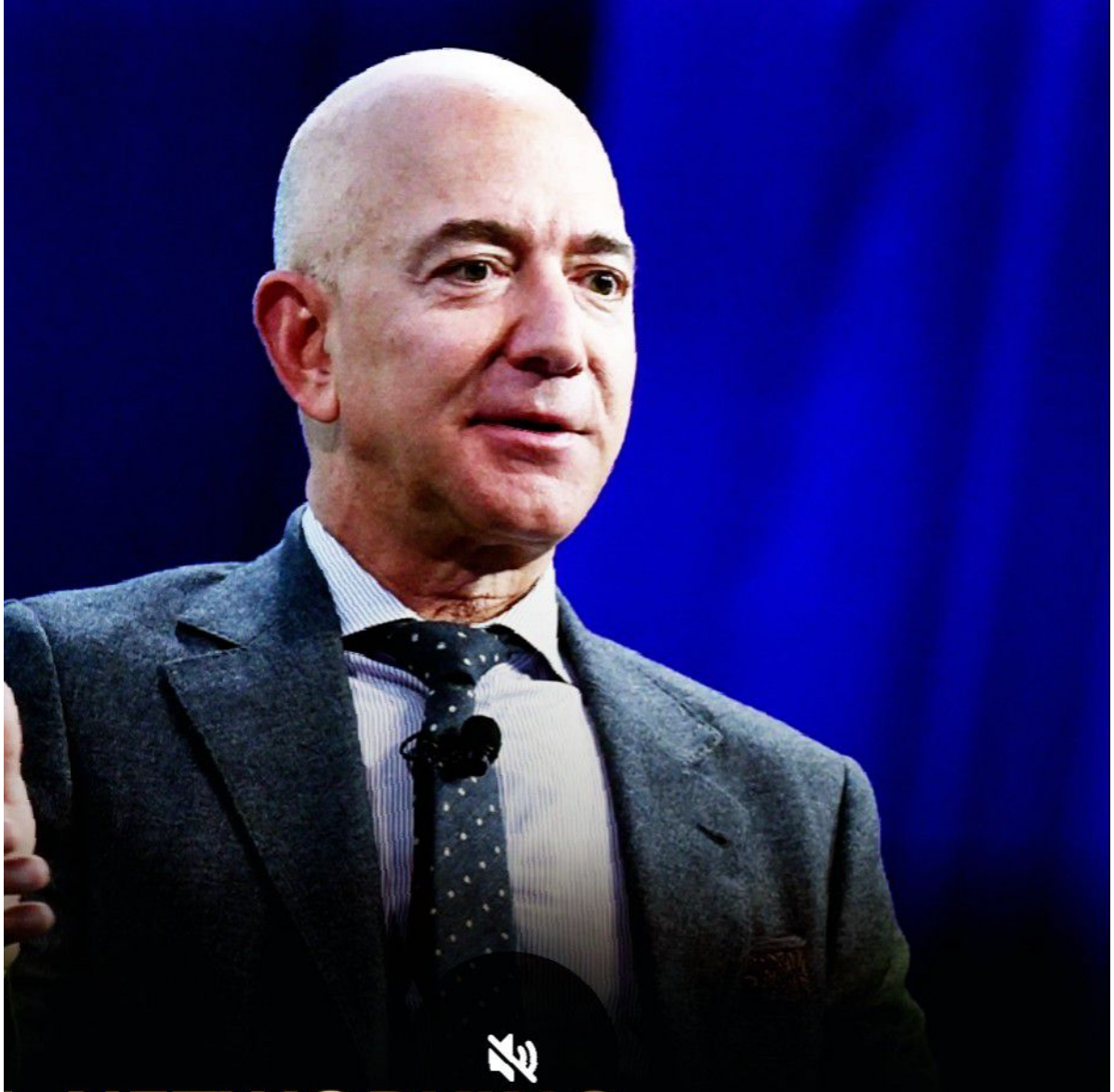

4. NETWORKING

The people you surround yourself with will either lift you up or hold you back.

Build connections with like minded people.

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3. FINANCIAL LITERACY

Most people don't even understand how money works.

Educate yourself on investing, saving, and budgeting.

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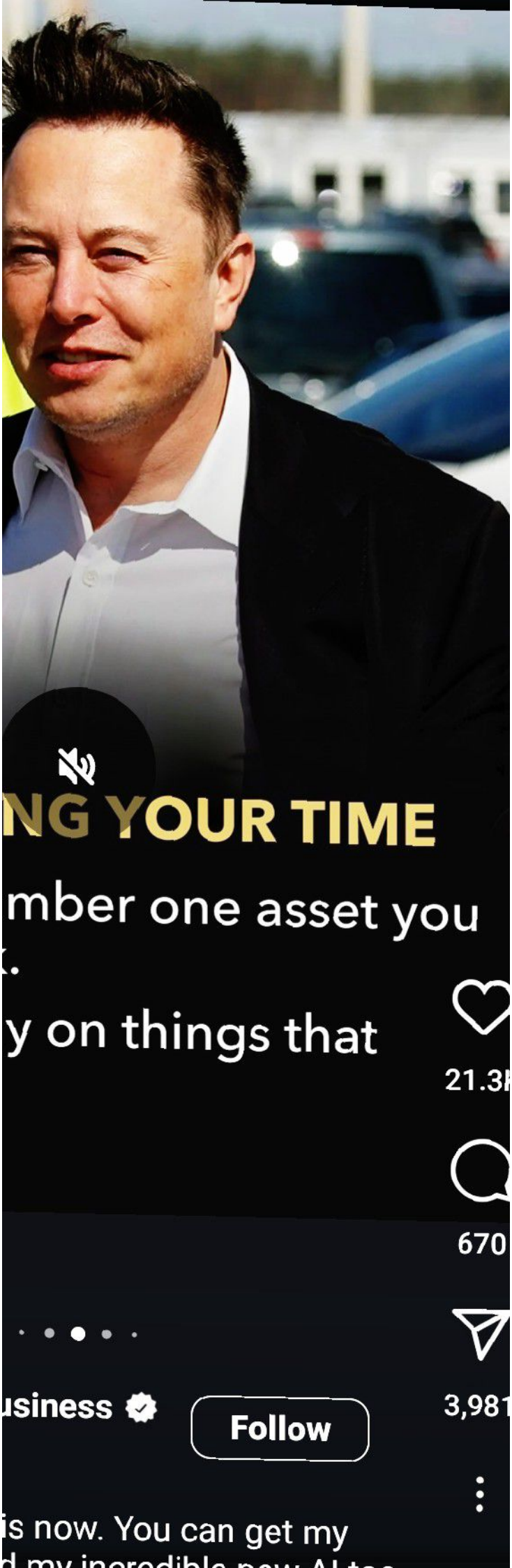
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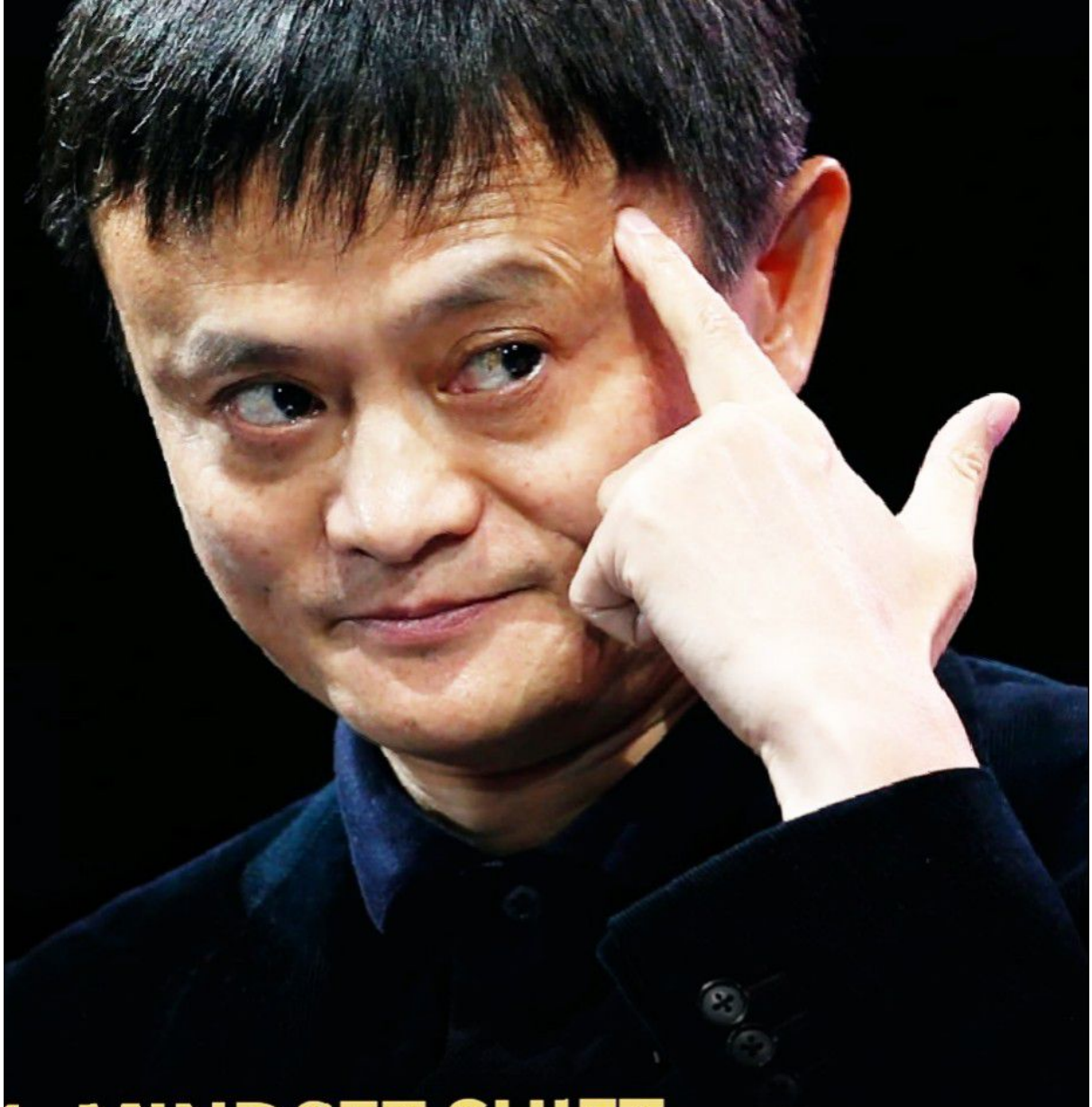

1. MINDSET SHIFT

If you think wealth is out of reach,
it will always be.

You need to believe it's possible
before you can achieve it.

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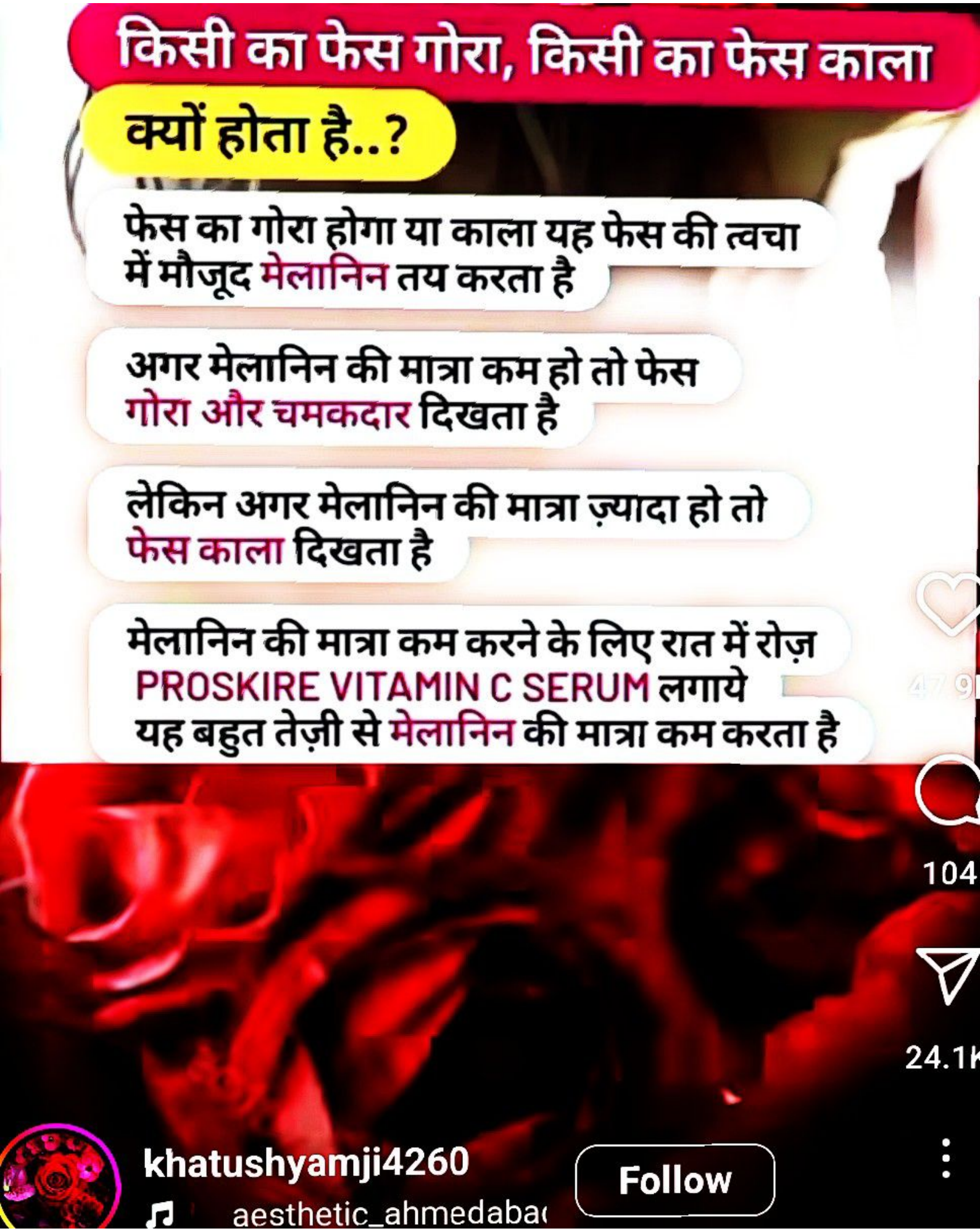
किसी का फेस गोरा, किसी का फेस काला
क्यों होता है..?
फेस का गोरा होगा या काला यह फेस की त्वचा में मौजूद मेलानिन तय करता है
अगर मेलानिन की मात्रा कम हो तो फेस गोरा और चमकदार दिखता है
लेकिन अगर मेलानिन की मात्रा ज़्यादा हो तो फेस काला दिखता है
मेलानिन की मात्रा कम करने के लिए रात में रोज़ PROSKIRE VITAMIN C SERUM लगाये
यह बहुत तेज़ी से मेलानिन की मात्रा कम करता है
104
24.1K
khatushyamji4260
aesthetic_ahmedaba
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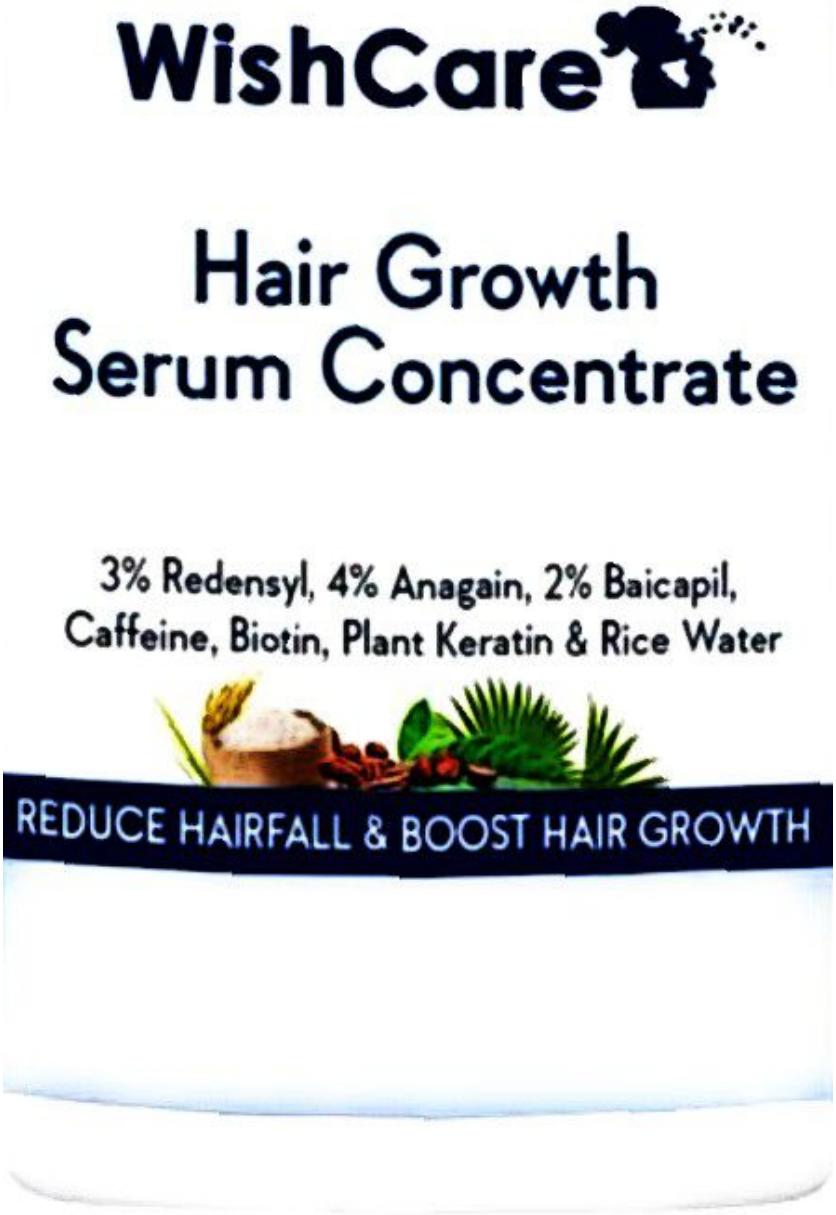

WishCare
Hair Growth
Serum Concentrate
3% Redensyl, 4% Anagain, 2% Baicapil,
Caffeine, Biotin, Plant Keratin & Rice Water
REDUCE HAIRFALL & BOOST HAIR GROWTH

AVAILABLE ON
AA AND AMAZ

deva1 and

Best seller

Sponsored

WishCare Hair Growth Serum Concentrate - 3% Redensyl, 4% Anagain, 2% Baicapil,...

4.4 ★★★★☆ 6,755

20K+ bought in past month

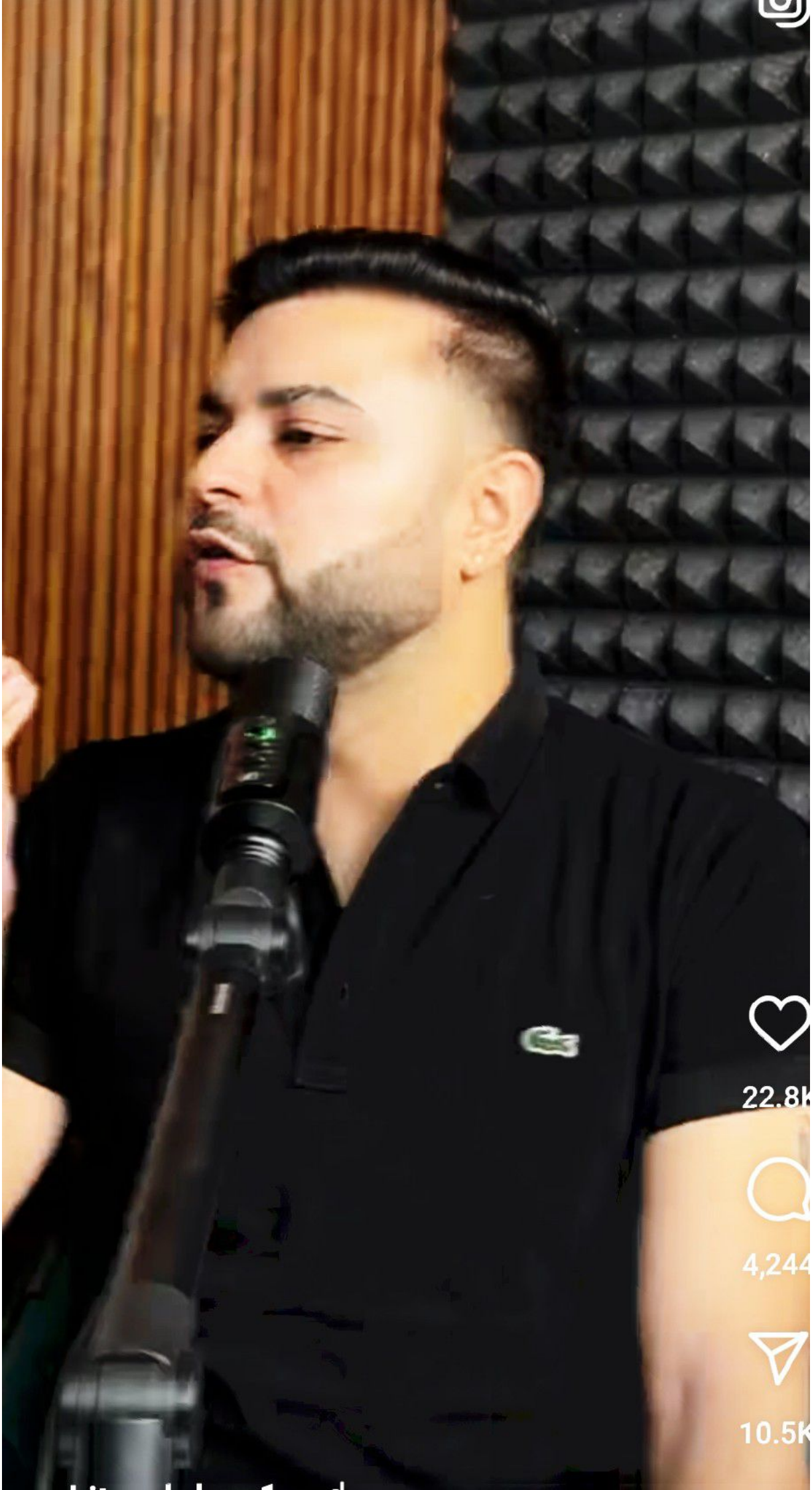
Great Indian Festival

₹672 (₹2,240/100 ml)

M.R.P: ~~₹999~~ (33% off)

Save ₹5 with coupon

Save 5% more with Subscribe & Save


22.8k
4,244
10.5k

Wishcare Hair Growth Serum Concentrate - Rosemary,

MRP: ~~₹999~~ ₹699 30% Off

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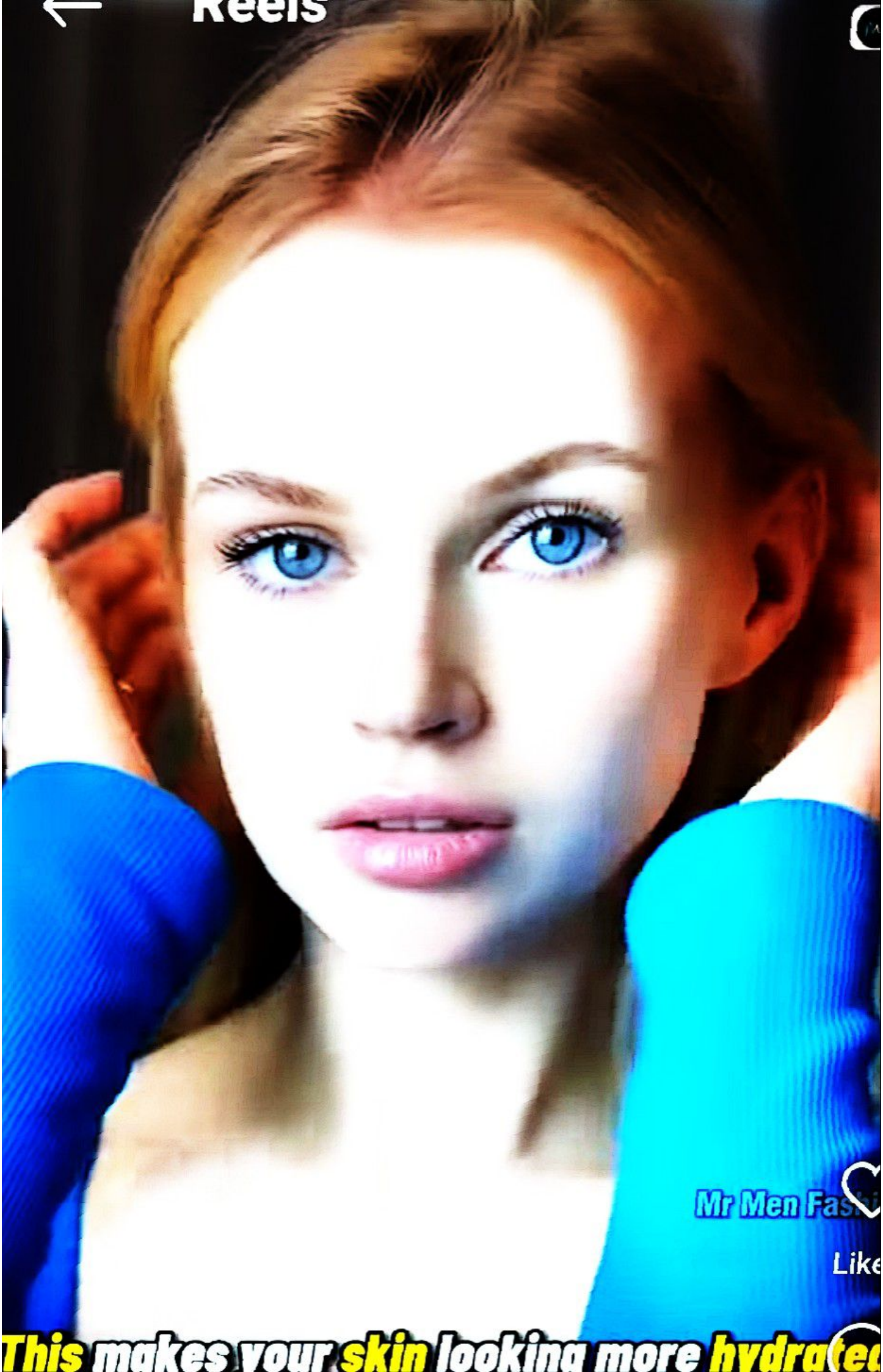
plum
thinkDERMA

RICE WATER & NIACINAMIDE 2%
clear moisture gel cream

100% VEGAN

15 g e 0.53 oz

rshaistakhan
shaistakha
for brigh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Mr Men Fash
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This makes your skin looking more hydrated

YouTube - Mr Men
https://youtube.com/MR_MEN01
Mr Men Fashion
Likes
2,621
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wing Skin ✅

Dark spots on face

Octinoxate, Niacinamide, Glycolic Acid, Kojic Acid Dipalmitate, Arbutin, Mulberry Extract
Tocopheryl Acetate, Allantoin, Licorice Extract & Tetrahydrocurcumin Gel
Kojivit Ultra
कोजिविट अल्ट्रा
Kojivit Ultra
कोजिविट अल्ट्रा

Comments

aishmughal6 5w

Achi doctor lagi mjhe ye 👏

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591

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i.raza36 5w

Retinol + niacinamide (both ordinary) at night works like a charm🔥

Reply

258

chaits1605 5w

How many times a week

Reply

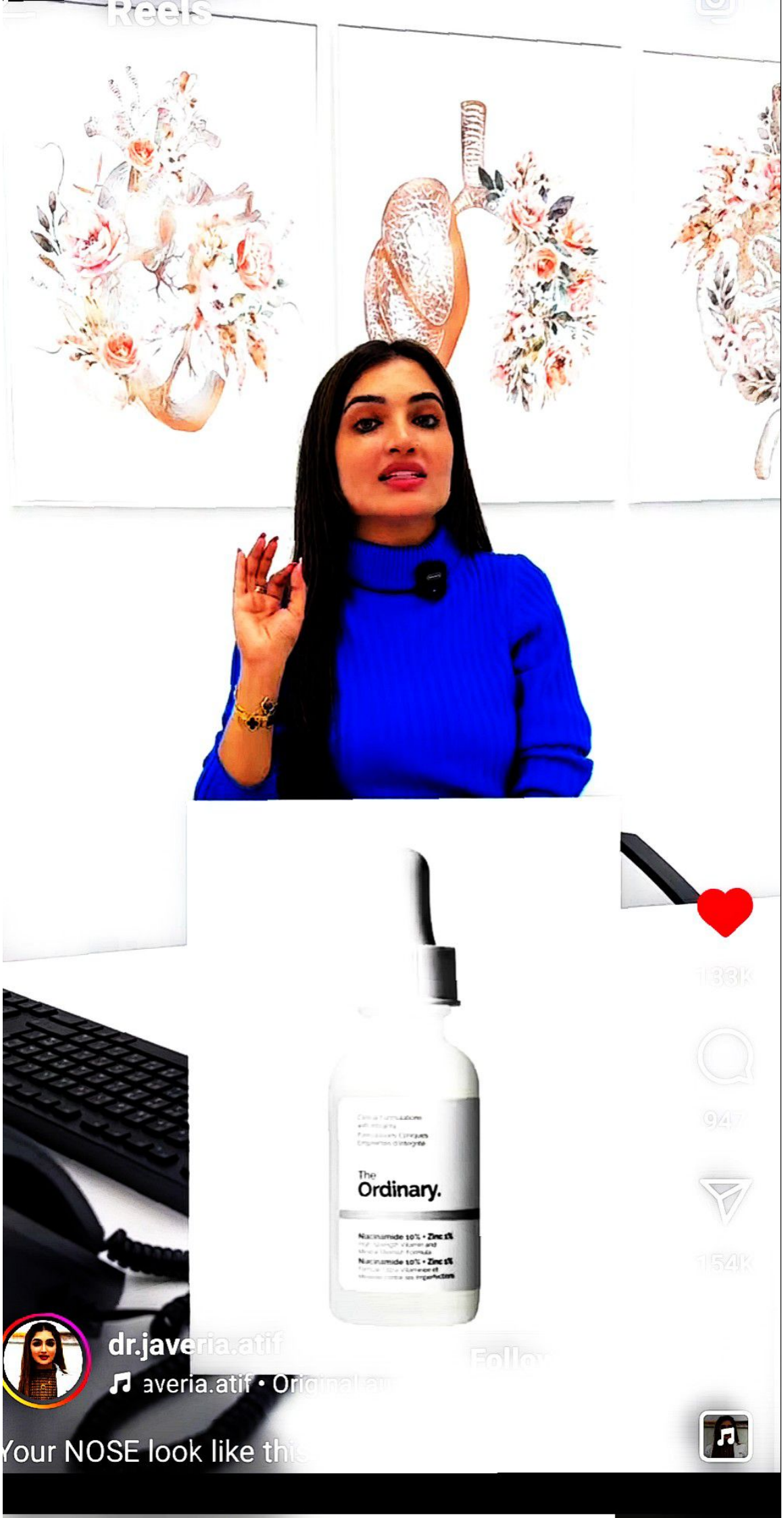
i.raza36 5w

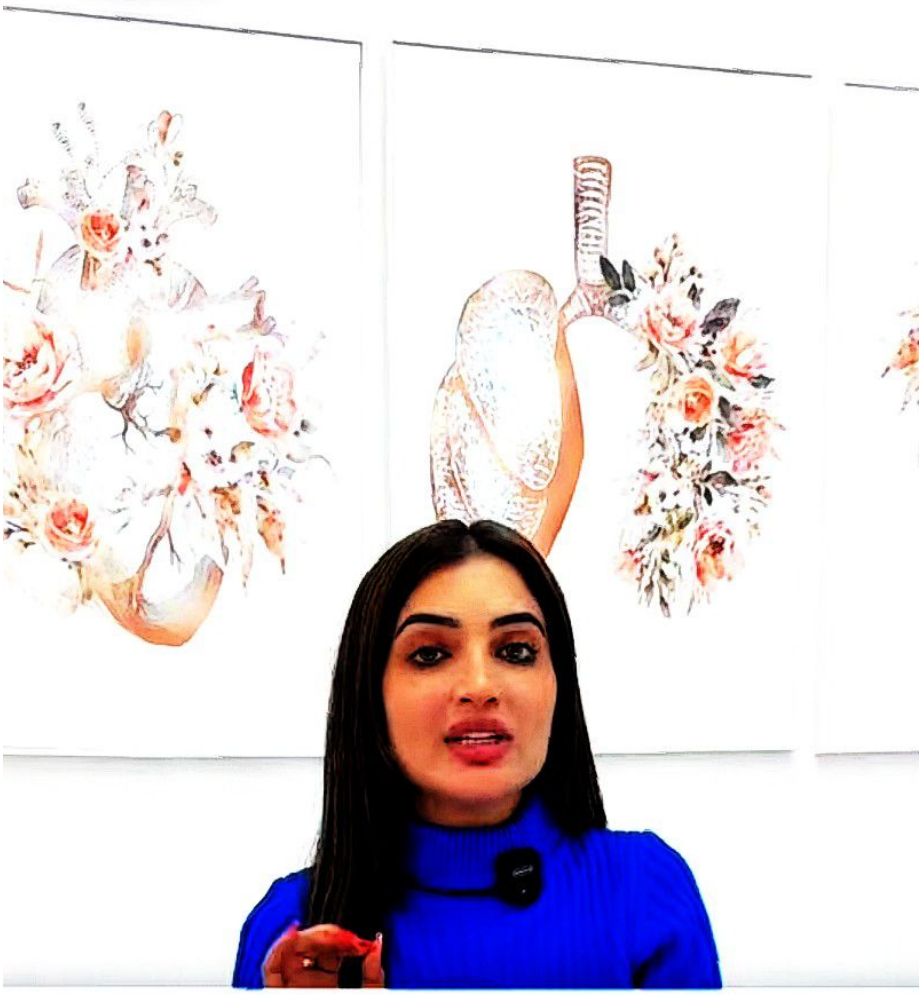
@chaits1605 works differently for different skins. Minor noticeable difference everyday until 3 months of religiously use along with other

3

❤️ 🙌 🔥 👏 😢 😍 😮 😂

Add a comment...


Reels
The
Ordinary.
dr.javeria.atif
Your NOSE look like this



Minimalist
Retinol
0.6%
FACE SERUM
with rosehip oil
+ coenzyme q10 + squalane
mid strength anti-aging serum
for all skin types
30ml / 1 fl oz
Minimalist

dr.javeria.atif
nal audio
NOSE look like

Reels
10g
Skin-A Cream
(Tretinoin Cre
Skin-A Cream
(Tretinoin Cream USP)
FOR THE TREATMENT OF ACNE
02021CR-03
COMPOSITION:
dr.javeria.atif
lio dr.javeri
Your NOSE look like t

Reels
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(Tretinoin Cre
Skin-A Cream
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CeraVe
DEVELOPED WITH DERMATOLOGISTS
Renewing
SA Cleanser
FOR NORMAL SKIN
Gently cleanses & exfoliates while softening and smoothing skin
Non-comedogenic, non-drying, non-irritating
With salicylic acid, ceramides
8 FL OZ (237 mL)

e this .... ?? ...

Reels
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66.7
529
22.5
1.Iron deficiency can lead to hairloss eat iron rich foods regularly (nuts and seeds,dried fruits,lentis and chickpeas)and eat high protein food
2.Take multivitamins especially vitamin E .B complex and Biotin
3.Take omega 3 supplements
4.Avoid excessive heat dryer use them occasionally
5.Always use a mild and sulphate free shampoo
#trending #trendingreels #viral #viralreels #explorepage #explore #instagram
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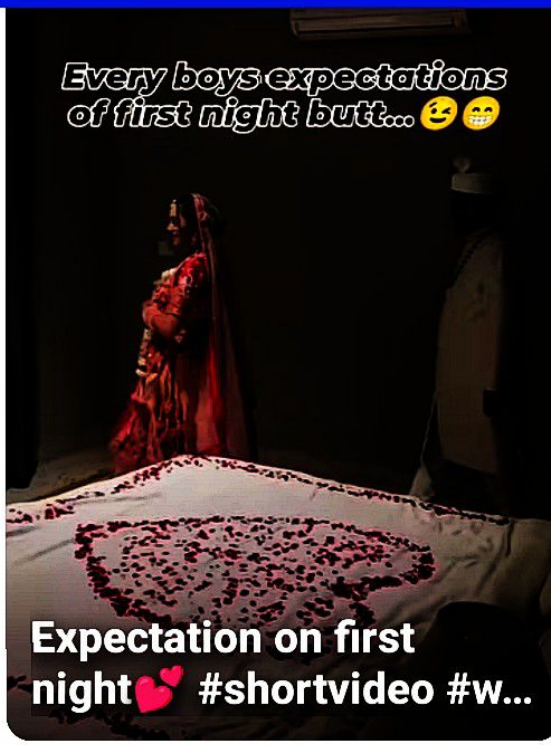
Latest videos

Agra Famous's Paper Chole Bhature😱|| #agr...



Expectation on first night💕 #shortvideo #w...

From your Watch later playlist

इन्द्र ने गौतम ऋषि के भेष में देवी अहिल्या के संग क्यों किया दुष्कर्म | देवी अहिल्या की कहानी

Shiv Leela · 4.7M views · 1 year ago

Comments 689

मुझे इस इंद्र का चारित्र कभी समझ ही नहीं आया भटकती आत्मा पूरा जीवन रोकर देवताओं से मदद मागता रहा 😂. OMG !itni like...

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Meghalaya is called Abode of clouds but let's not ...

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"थोड़े से **अधिक प्रयास** के **अभाव** में
बहुत सारा **अच्छा काम नष्ट** हो जाता है।"

~~स्वामी विवेकानंद

@sach word

2.3K 8 comments 84 shar

Like Comment Send Shar

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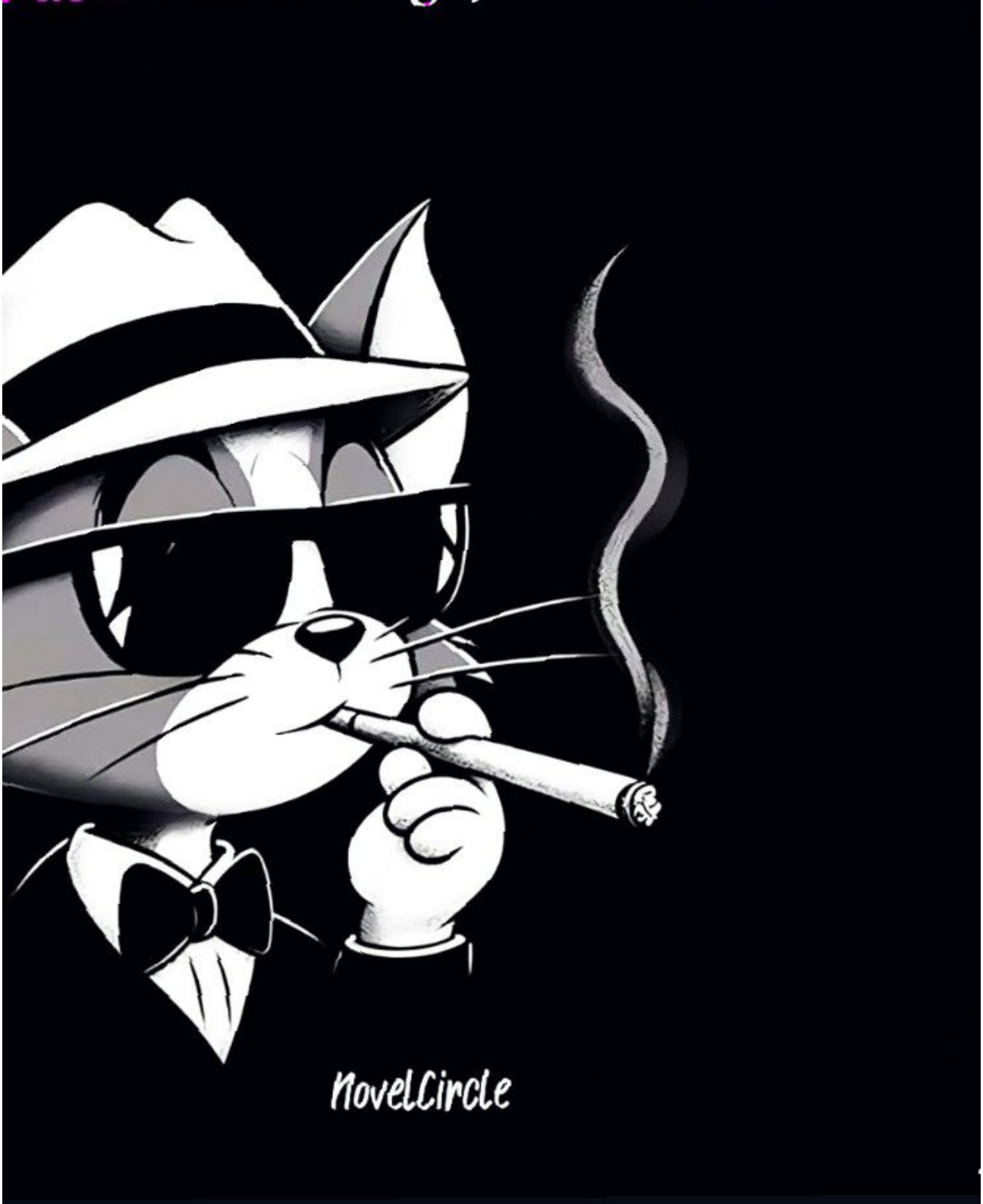
1d ·



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on Lajoie • Everyday N

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अगर बारिश न होती, तो हम Walk के लिए चले जाते

Had it not been for the rain, we would have gone for a walk

अगर बारिश न होती, तो हम Walk के लिए चले जाते

- जब तक
  As long as
- जहां तक
  As far as
- जैसे की
  As if
- जैसे ही
  As soon as
- कहां से

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(तुरई)
Sponge gourd
(चिचिण्डा)
Snake gourd
(लौकी)
Bottle gourd
(पेठा)
Ash gourd
(परवल)
Pointed gourd
(कुंदरू)
Ivy gourd
665
4,961
413K
train_the_teacher
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English Vocabulary Lesson of the Day ft. the best ...

(करेला) Bitter gourd

(तुरई) Sponge gourd

(चिचिण्डा) Snake gourd

(लौकी) Bottle gourd

(पेठा) Ash gourd

(परवल) Pointed gourd

(कुंदरू)

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English Vocabulary Lesson of the Day ft. the best ...

Wheat
(गेहूँ)

Paddy
(धान)

Maize
(मक्का)

Millet
(बाजरा)

Barley
(जौ)

Rye
(नीवारिका

fluent_english_learning_1008

Emmer
(खपली गेहूँ)

Buckwheat
(कूटू/मोथी)

Quinoa
(क्विनोआ/कीनवा)

आलस्य के 7 प्रकार:

1) भ्रम:
"मुझे नहीं पता क्या करना है।"

2) डर:
"मैं ऐसा नहीं कर सकता।"

3) निश्चित मानसिकता:
"मुझे डर है कि मैं असफल हो जाऊंगा या बेवकूफ लगूंगा।"

4) थकान:
"मैं बहुत थक गया हूँ। मुझमें ऊर्जा नहीं है।"

5) रुचि की कमी:
"मुझे किसी भी चीज़ की परवाह नहीं है।"

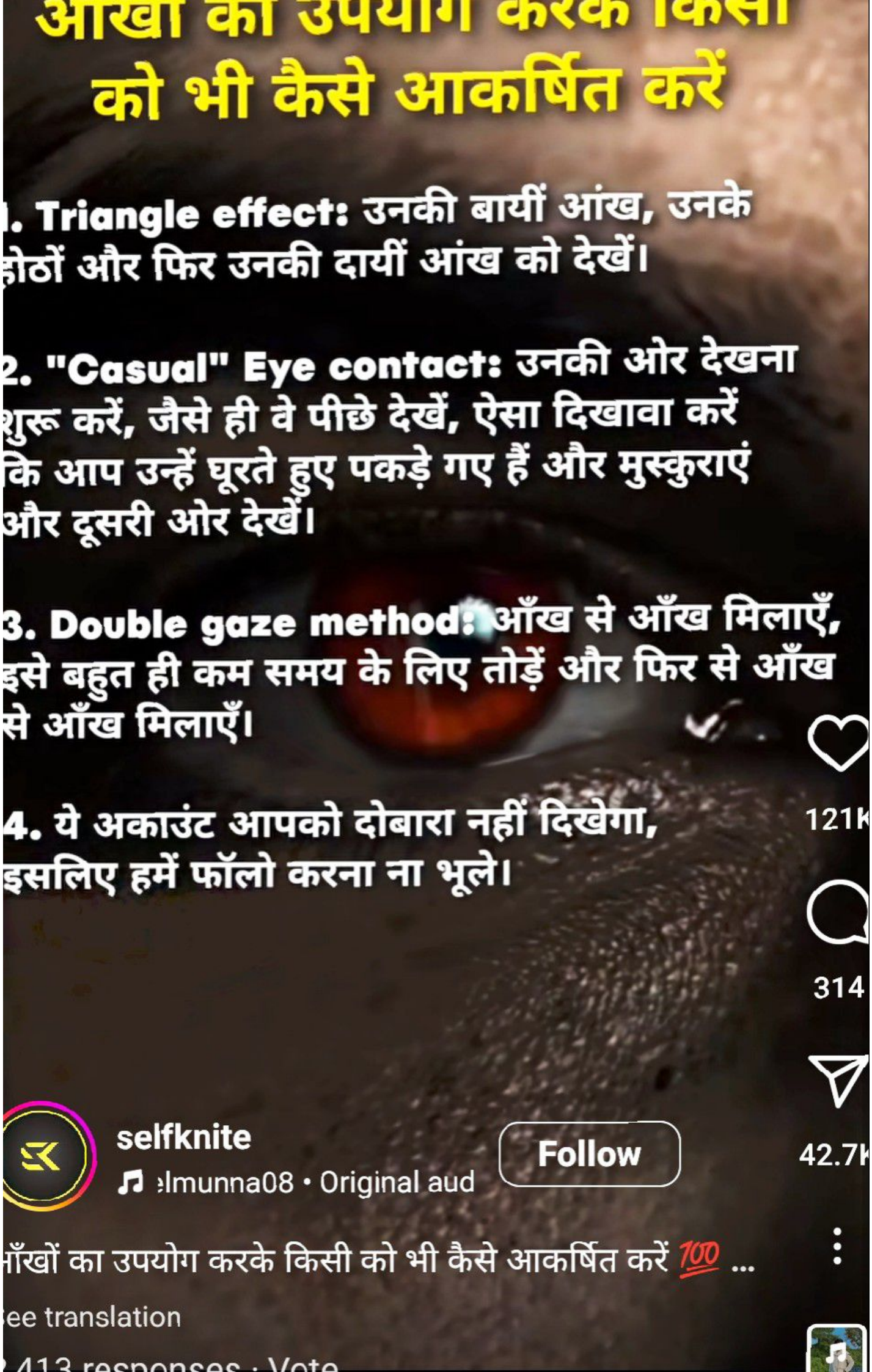
6) अफसोस:
"मैं शुरुआत करने के लिए बहुत बूढ़ा हो गया हूँ। बहुत देर हो चुकी है।"

7) आप हमे फॉलो नही करते :)

#SNITC

VIE

ADD TO BAG


आँखों का उपयोग करके किसी को भी कैसे आकर्षित करें
1. Triangle effect: उनकी बायीं आंख, उनके होठों और फिर उनकी दायीं आंख को देखें।
2. "Casual" Eye contact: उनकी ओर देखना शुरू करें, जैसे ही वे पीछे देखें, ऐसा दिखावा करें कि आप उन्हें घूरते हुए पकड़े गए हैं और मुस्कुराएं और दूसरी ओर देखें।
3. Double gaze method: आँख से आँख मिलाएँ, इसे बहुत ही कम समय के लिए तोड़ें और फिर से आँख से आँख मिलाएँ।
4. ये अकाउंट आपको दोबारा नहीं दिखेगा, इसलिए हमें फॉलो करना ना भूले।
121K
314
42.7K
selfknite
lmunna08 • Original aud
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ee translation
413 responses · Vote

आप झारखण्ड में कहाँ से हो🤔💕

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Bulaye Barati (Nagp

डार्क मैनिपुलेशन : 1

1. किसी की खूब तारीफ करें और थोड़ी देर बाद रुक जाएं। यह उन्हें पागल कर देगा।

2. अगर कोई आपको ठेस पहुंचाता है, तो उसकी आंखों में गहराई से देखें, इससे वह असहज हो जाएगा।

3. जानकारी प्राप्त करने का सबसे अच्छा तरीका जानकारी देना है। इससे भरोसा पैदा होता है।

4. यदि आपको लगता है कि आपकी मनोवैज्ञानिक मानसिकता कमजोर है और आप हेरफेर के और गुर सीखना चाहते हैं तो अभी मुझे फॉलो करें।

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44
3,807
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ताकतवर मर्द बनिए दुनिया पर राज कीजिए :

1. सेल्फ कंट्रोल

- नशे से दूर
- पोर्न को छोड़ना
- गलत संगत से बचना

2. पैसे की मशीन

- स्किल सीखों
- बिज़नेस शुरू करों
- इन्वेस्टमेंट करों

3. धर्म से जुड़ो

- स्प्रिचुअल बनो
- ब्रहमचर्य अपनाओ
- धार्मिक जगह जाओ

4. खुद पर काम करो

- साफ कपड़े
- परफ्यूम
- हेल्थी शरीर

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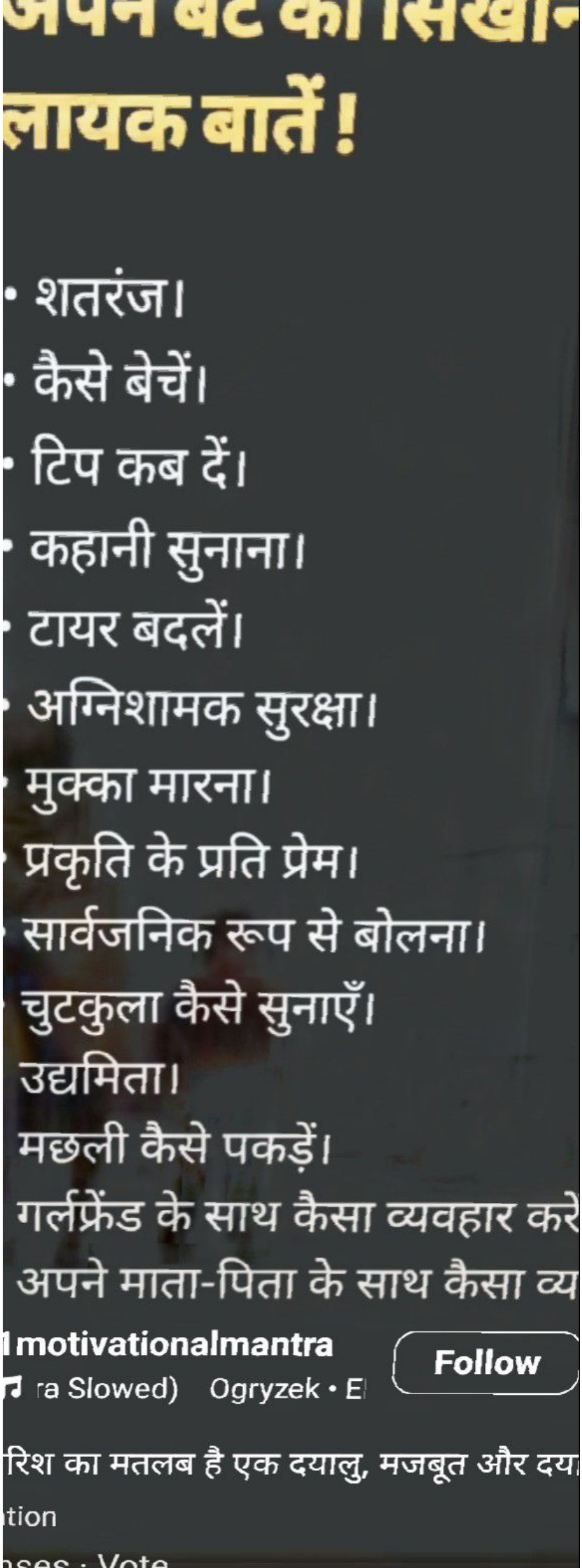
अपने बेटे को सिखा
लायक बातें!
• शतरंज।
• कैसे बेचें।
• टिप कब दें।
• कहानी सुनाना।
• टायर बदलें।
• अग्निशामक सुरक्षा।
• मुक्का मारना।
• प्रकृति के प्रति प्रेम।
• सार्वजनिक रूप से बोलना।
• चुटकुला कैसे सुनाएँ।
• उद्यमिता।
• मछली कैसे पकड़ें।
• गर्लफ्रेंड के साथ कैसा व्यवहार करे
• अपने माता-पिता के साथ कैसा व्य
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रिश का मतलब है एक दयालु, मजबूत और दया
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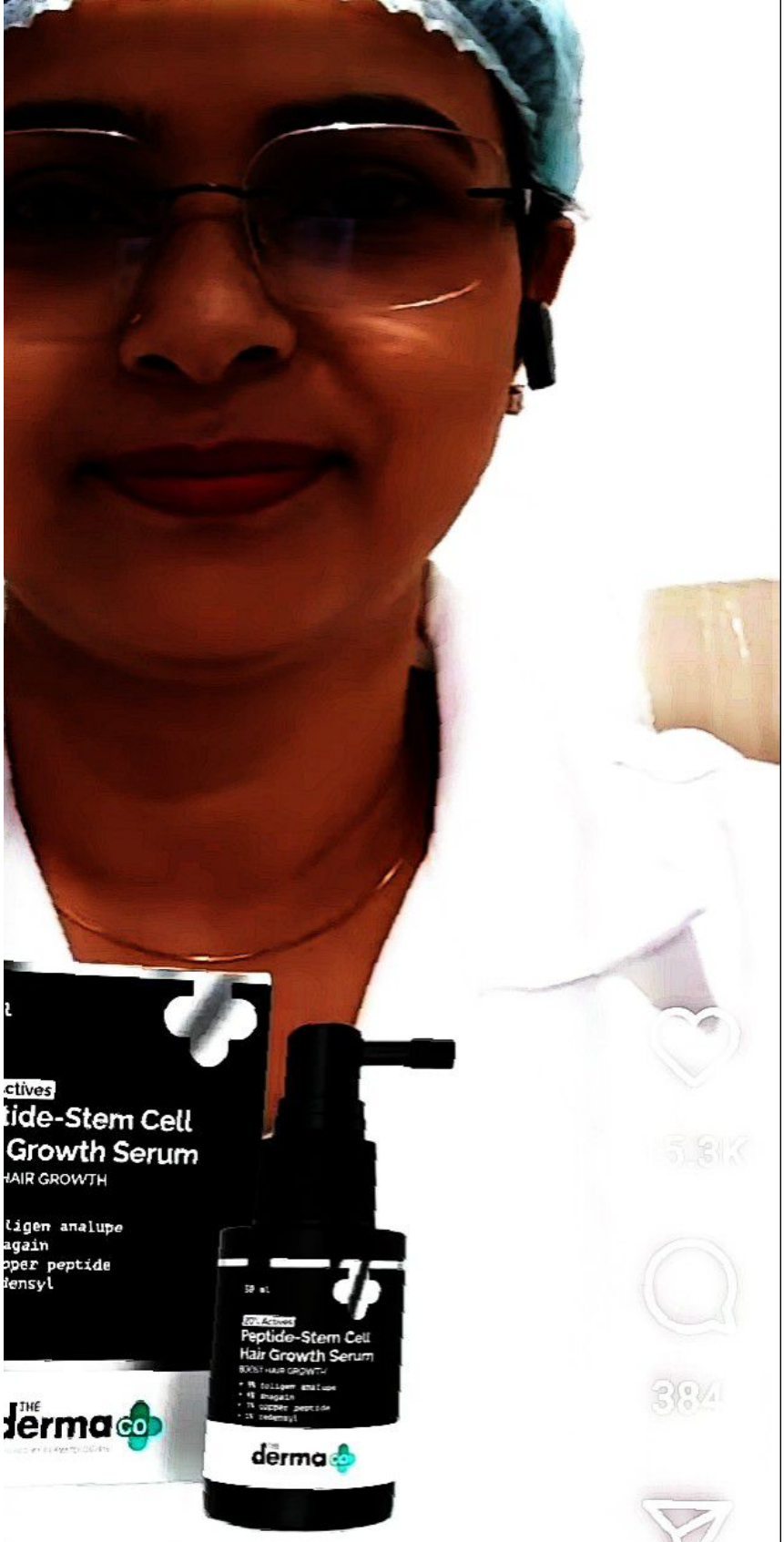
ctives
tide-Stem Cell
Growth Serum
HAIR GROWTH
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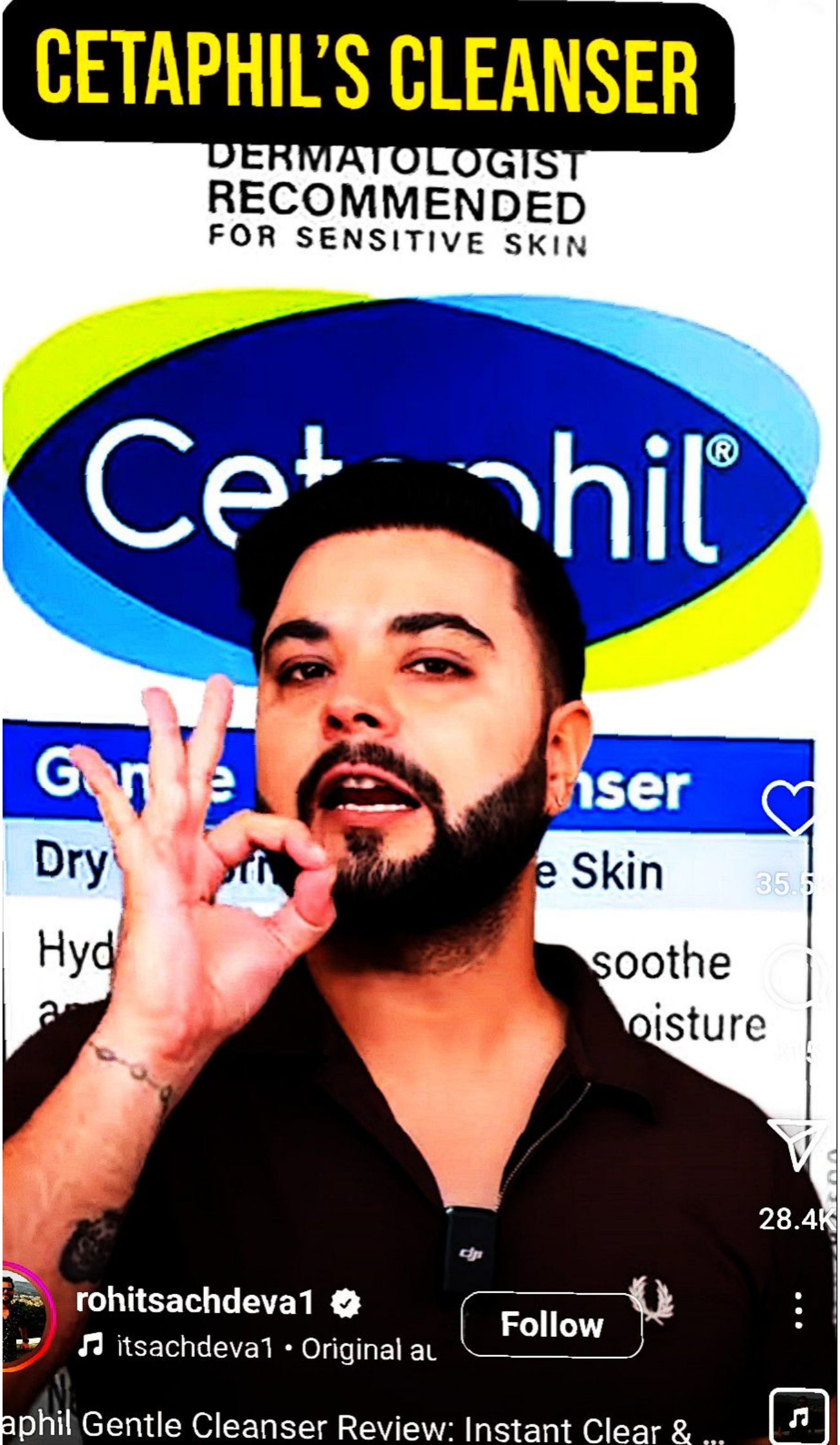
THE derma co
Peptide-Stem Cell
Hair Growth Serum
derma co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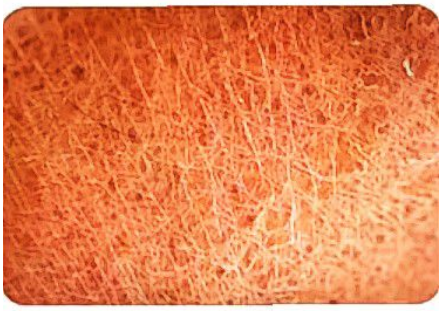

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CLINICALLY TESTED

In-vitro study of WishCare Hair Growth Serum Concentrate on Human Follicle Dermal Papilla Cells

Boosts Hair Growth

4.5x Increase in Dermal Papilla Cells count in 5 days which helps in hair growth.

Reduces Hair Fall

5x Increase in expression of protein in cells which reduces hair fall.

*Based on study executed by Geno, accredited ISO certified laboratory on human follicle DPCs

WishCare
Hair Growth
Serum Concentrate
5,846
1,001
5,659
ijulbehl
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Hairfall
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get the link.

5. Sunscreen

een protects the skin from the
l effects of ultraviolet (UV)
on from the sun. It helps prevent
n, skin damage, premature
nd reduces the risk of skin

134K

463

73K

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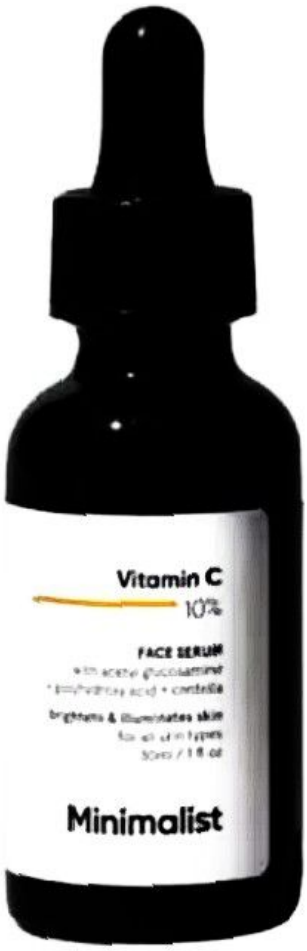
4. Moisturizer

Moisturizer hydrates the skin by providing a barrier that locks in moisture and prevents water loss. It helps to keep the skin soft, smooth, and supple.

3. Serum



2. Toner

Toner helps balance the skin's pH level, remove any remaining impurities after cleansing, and prepare the skin to better absorb subsequent skincare products.

1. Cleanser

A cleanser removes dirt, oil, makeup, and other impurities from the skin. It helps to unclog pores, prevent acne, and prepare the skin for other skincare products.

Purchased my 3rd bottle now 🥹🤍
PLIX
The Plant Fix
65.6K
10K
72.4K
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HAIRCARE or share this on my dm to g ...
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It has the highest concentration
of redensyl anagain and baicapil
in the Indian Market
65.6K
10K
72.4K
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Anirudh Ravichander, Shilpa Rac
S...
+1

Comments

689

25 replies

@UpendraYadav-sb5xj • 1y ago (edited)

भंवरा के संग मिले कली आऊं बगिया के संग माली...। अरे ससुरारी मे सार मिले आऊं सरहज के संग साली...।। मेहर गौर मिले या कली मगर छिनार ना मिले।।👏👏👏 चार लाइन में कवि जी ने पूरे संसार की सच्चाई सामने परोसा हैं 🙏

Translate to Hindi

357

12 replies

@LifewithRJ-ln3sl • 1y ago (edited)

When पान is more important then song that's power

Add a comment...

विद्वानेव
विजानाति
विद्वज्जन
परिश्रमम्
न हि वन्ध्या
विजानाति
गुर्वीं प्रसववेदनां

एक विद्वान ही
जान सकता है
कि विद्या प्राप्ति
के लिए दूसरे
विद्वान ने कितना
परिश्रम किया
होगा। जो माँ नहीं
बनी हो वो प्रसव
की पीड़ा को कभी
भी नहीं जान
सकती

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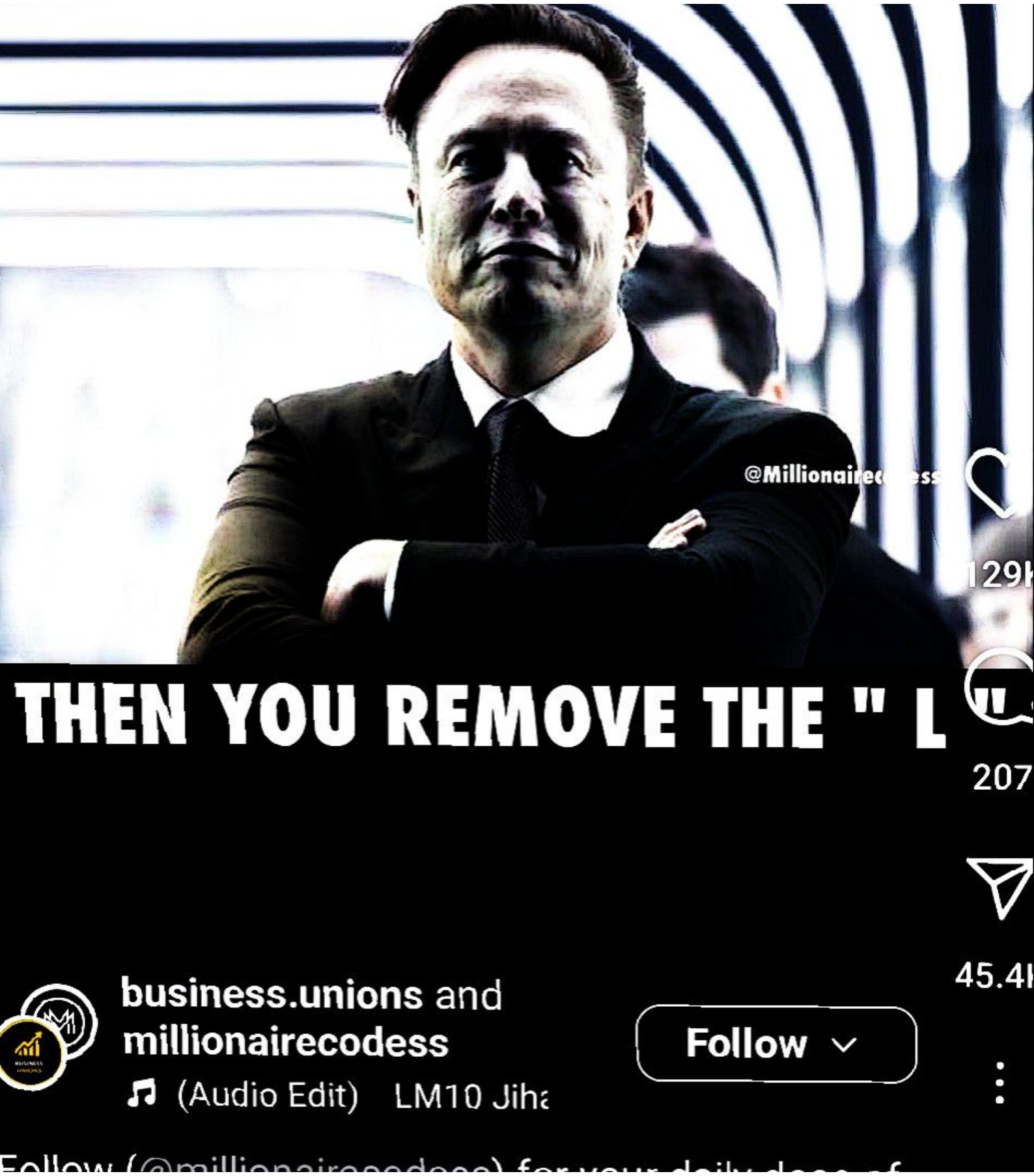
M Add a comment...

The online spice store


@Millionaire
129
THEN YOU REMOVE THE " L
207
45.4
business.unions and
millionairecodess
Follow
(Audio Edit) LM10 Jiha

Pinned location
T/7161, Aristo, Thampanoor, Thiruvananthapuram, Kerala 695001, India

Gaya

Ha

Aa gya

Wahi kaam chl rha h?

Kya

Message

about unsent messages

Unsending messages gives people more control over the messages they've sent. They can still be included in reports.

LEARN MORE

Nhi aya

Phir se send karo

Pinned location
T/7161, Aristo, Thampanoor, Thiruvananthapuram, Kerala 695001, India

Gaya

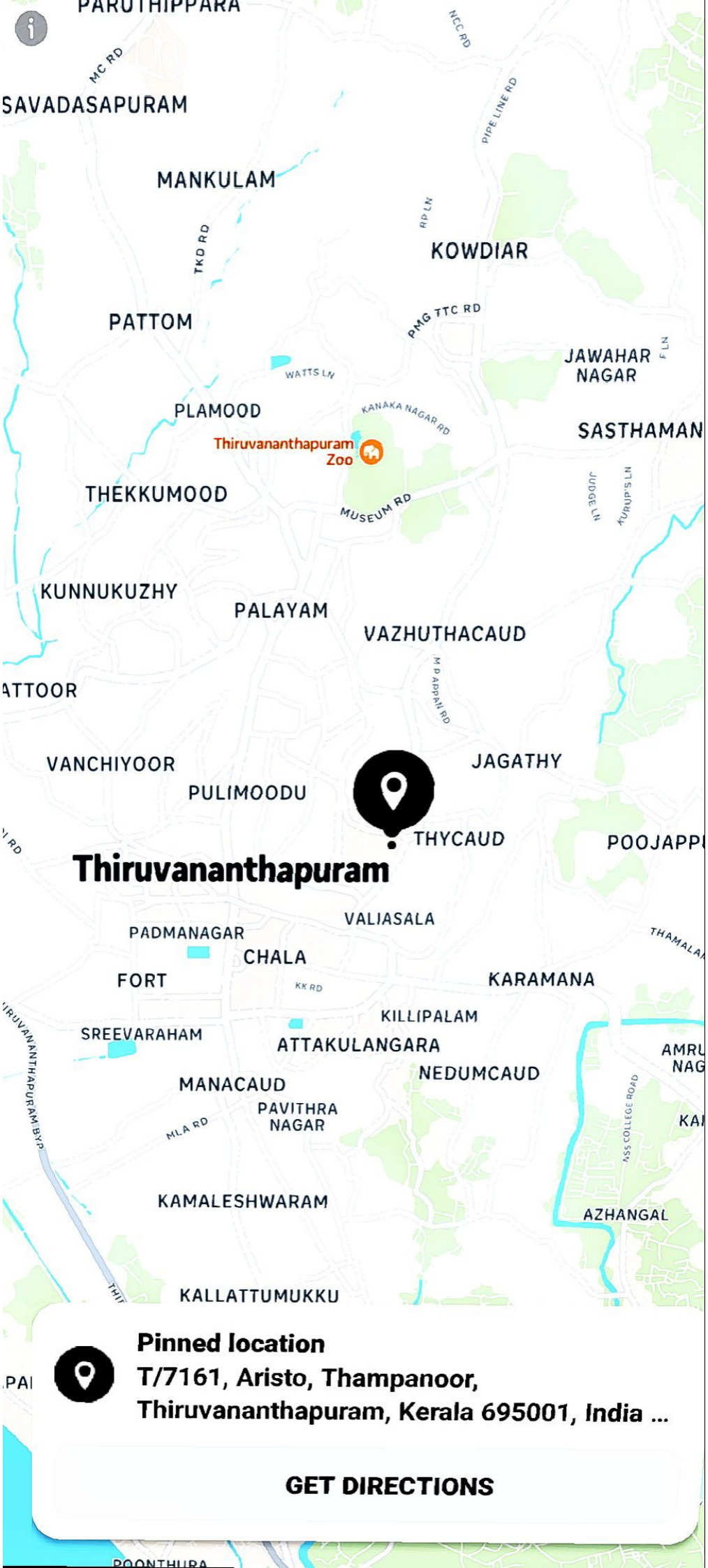
Ha

Aa gya

Wahi kaam chl rha h?

Kya

Message


PARUTHIPPARA
MC RD
SAVADASAPURAM
MANKULAM
TKD RD
KOWDIAR
PIPE LINE RD
PATTOM
PMG TTC RD
JAWAHAR NAGAR
WATTS LN
PLAMOOD
KANAKA NAGAR RD
SASTHAMAN
Thiruvananthapuram Zoo
THEKKUMOOD
MUSEUM RD
KUNNUKUZHY
PALAYAM
VAZHUTHACAUD
ATTOOR
VANCHIYOOR
JAGATHY
PULIMOODU
THYCAUD
POOJAPP
Thiruvananthapuram
VALIASALA
PADMANAGAR
CHALA
FORT
KARAMANA
KK RD
KILLIPALAM
SREEVARAHAM
ATTAKULANGARA
NEDUMCAUD
MANACAUD
PAVITHRA NAGAR
MLA RD
KAMALESHWARAM
AZHANGAL
KALLATTUMUKKU
Pinned location
T/7161, Aristo, Thampanoor,
Thiruvananthapuram, Kerala 695001, India ...
GET DIRECTIONS

Reels
cosylabs.
cosylabs.club

इस वाक्य का अनुवाद करें

क्या आठवीं मंज़िल पर अलमारियाँ हैं?

Are cupboards there on the eighth floor?

00:28
2
3
5
6
8
9
0
#

आयकर विभाग
INCOME TAX DEPARTMENT

भारत सरकार
GOVT. OF INDIA

स्थायी लेखा संख्या कार्ड
Permanent Account Number Card

EMHPR2438N

नाम / Name
SONU KUMAR RAM

पिता का नाम / Father's Name
ISHWAR KUMAR RAM

जन्म की तारीख
Date of Birth
23/11/1999

Sonu Kr. Ram
/ Signature

02112019

Copy text from image

Benefits of reading

Data source: @imyourdailymotivation | Infographic design by @agrassoblog for educational and motivational purposes

Whatever you do today, don't sink anyone's boat.

The ocean is wide enough for all of us to sail comfortably.

Millionaire Mind
SAT AT 12:25 PM

MESSAGE MILLIONAIRE MIND

19K 171 comments 7.5K shares

Like Comment Send Share

तीसरी कसम

(मारे गए गुलफ़ाम)

और अन्य कहानियाँ

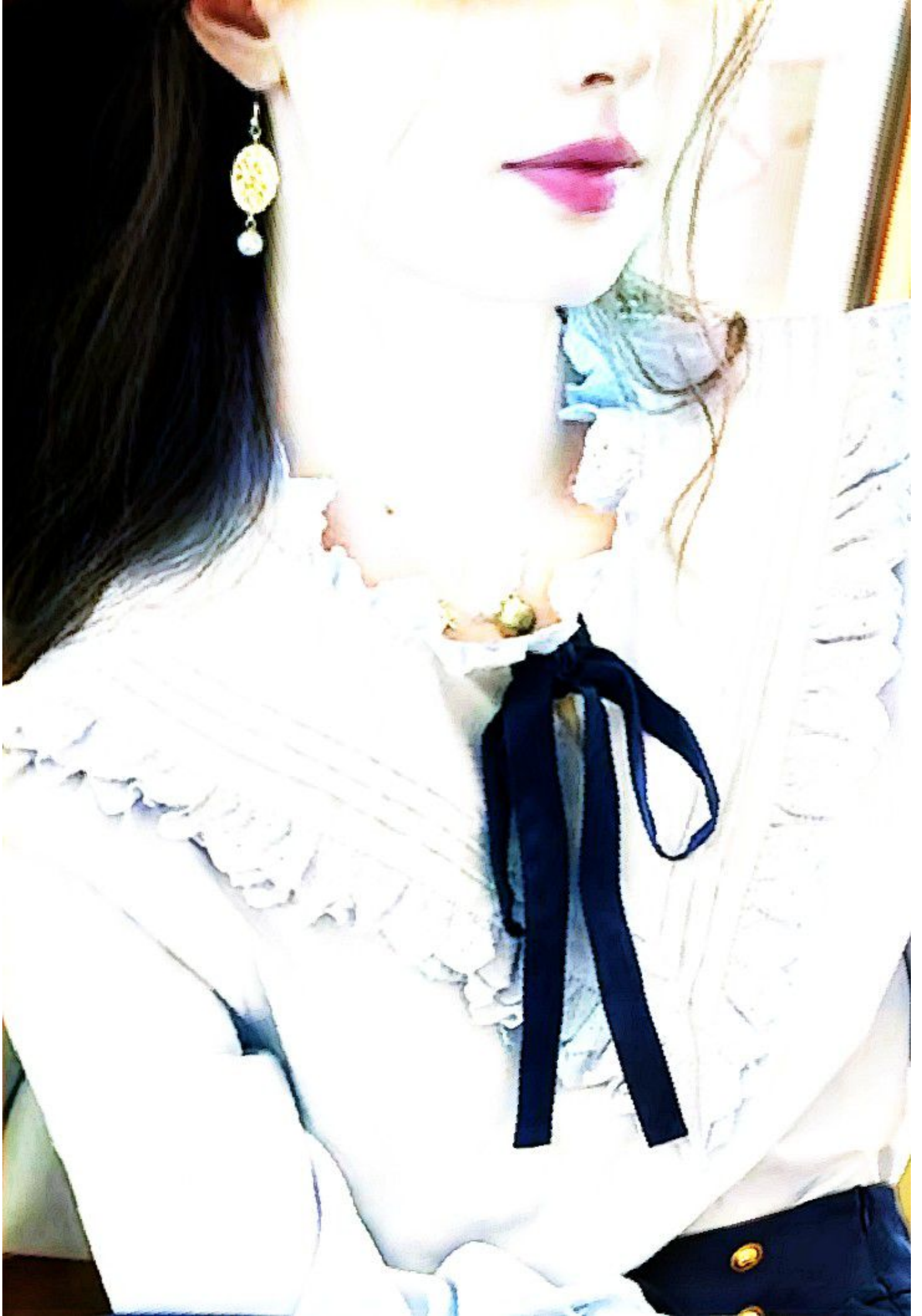
फणीश्वरनाथ 'रेणु'

Show your appreciation

dilipnarvariya5

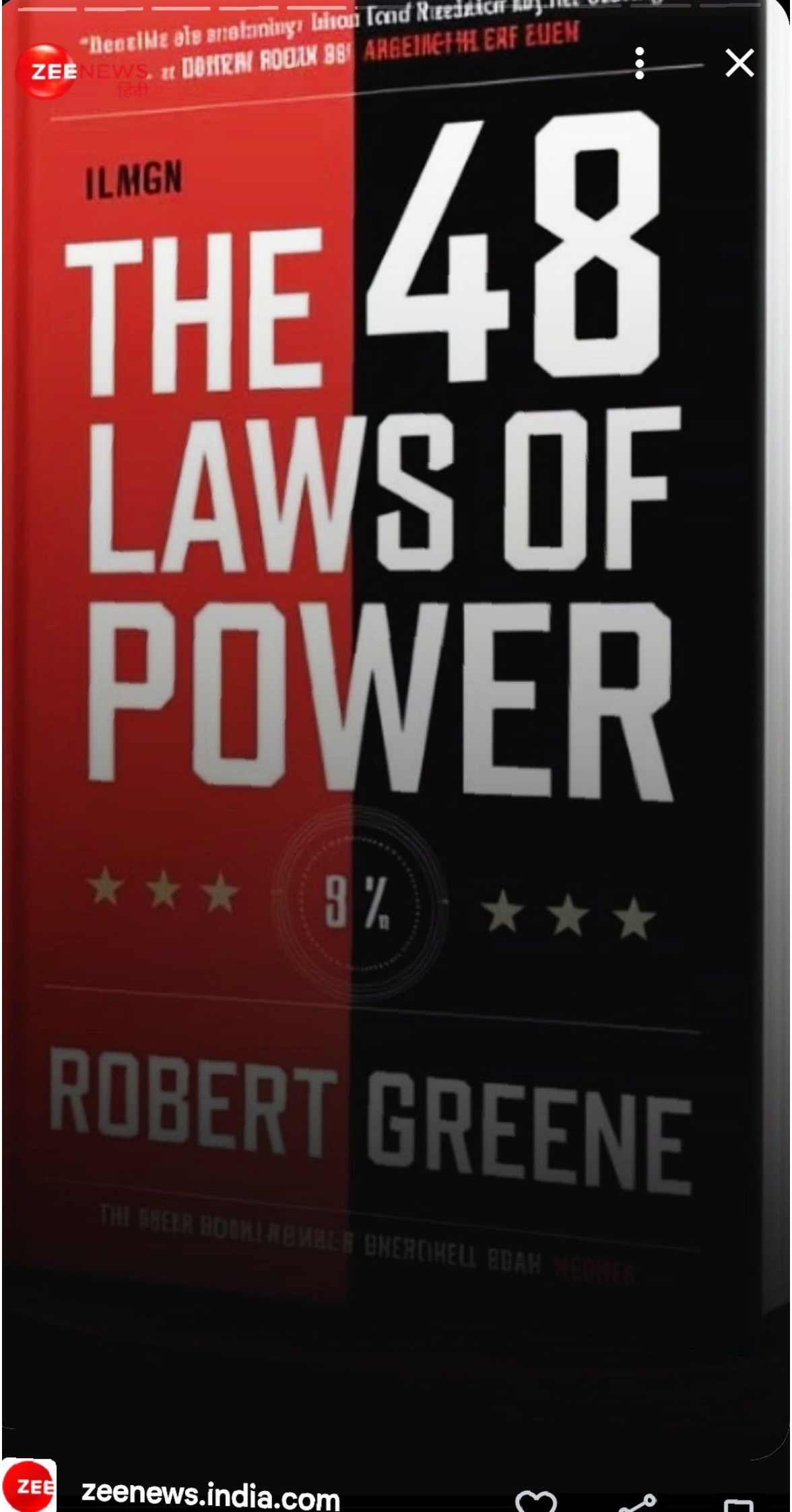
पंकज त्रिपाठी कौनसी कहानी बता गए जिसक... more

allik, Sonu Nigam, Same



Exercise अगर नहीं कर पाते हैं तो

1. लंबे समय तक एक जगह **बैठे ना रहा करें**।
2. ज़्यादा **मीठा** ज़्यादा **नमक** खाना Avoid करें।
3. **5000+ Steps** का रोज़ चलने का टारगेट रखें।
4. **ख़ाली** पेट चाय कॉफी ना लें।
5. हर रोज़ एक seasonal **fruit** का सेवन करें।
6. जितना संभव हो अपने उठने,बैठने,सोने और खाने के **postures को ठीक रखा करें**।
7. खाने के साथ Soft drinks,packaged जूस की जगह **सलाद,दही लस्सी छाज** लिया करें।
8. जब याद आ जाएँ 2-3 Minutes लंबे गहरे साँस लिया करें। (**Deep breathing**)
9. **Over**-eating,Junk food,ज़्यादा तला हुआ खाने से बचें।
10. कोशिश करें सोने-उठने-खाने का टाइम set हो। जीवन में थोड़ा **अनुशासन** लाएँ।


ILMGN
THE 48
LAWS OF
POWER
ROBERT GREENE

6. EARNING BEDORE INTEREST, TAX, DEPRECIATION AND AMORTIZATION (EBITDA)

EBIDTA = NET INCOME + TAXES + INTEREST EXPENSES + DEPRECIATION + AMORTIZATION

INSTAGRAM
@Shares.Jano

WE HOPE YOU LIKED THIS POST

शेयर करें और हमें फॉलो करें ताकि आपको शेयर मार्केट से जुड़ी सारी जानकारी,और खबरें एक ही जगह पर मिल सकें

5. COST OF GOOD SOLD (COGS)

COGS = (BEGINNING INVENTORY + PURCHASES) - ENDING INVENTORY

4. PROFIT MARGIN

1. NET PROFIT MARGIN = $\frac{\text{NET PROFIT}}{\text{NET REVENUE}} \times 100$

2. GROSS PROFIT MARGIN = $\frac{\text{GROSS PROFIT}}{\text{TOTAL REVENUE}} \times 100$

3.OPERATING PROFIT MARGIN = $\frac{\text{OPERATING INCOME}}{\text{NET SALES}} \times 100$

3.WORKING CAPITAL

INSTAGRAM
@Shares.Jano

1. NET WORKING CAPITAL = CURRENT ASSETS - CURRENT LIABILITIES

2. WORKING CAPITAL RATIO = CURRENT ASSETS / CURRENT LIABILITIES

2.RETURN ON ADVERTISING SPEND (ROAS)

INSTAGRAM
@Shares.Jano

$$ROAS = \frac{\text{GROSS REVENUE FROM AD}}{\text{SPEND - ADVERTISING COST}}$$

1.RETURN ON INVESTMENT

(ROI)

INSTAGRAM
@Shares.Jano

$$1.\ ROI = \frac{\text{NET PROFIT}}{\text{COST OF INVESTMENT}} \times 100$$

$$2.\ ROI = \frac{\text{(PRESENT VALUE - COST OF INVESTMENT)}}{\text{COST OF INVESTMENT}} \times 100$$

Comments

1

Reply

shreepal913 2d •

Isse bolte hai imandari jawab ❤️❤️

19

Reply See translation

aade.sh2125 23h •

Hazarat nizamuddin se ke pass wale bus stand se 261number bus se seedhe wahi pahuch jate h

1

Reply See translation

mohdtajimmohd 2d •

Ok bhai

1

Reply

vikasarya39 2d •

M vahi se aaya hu

1

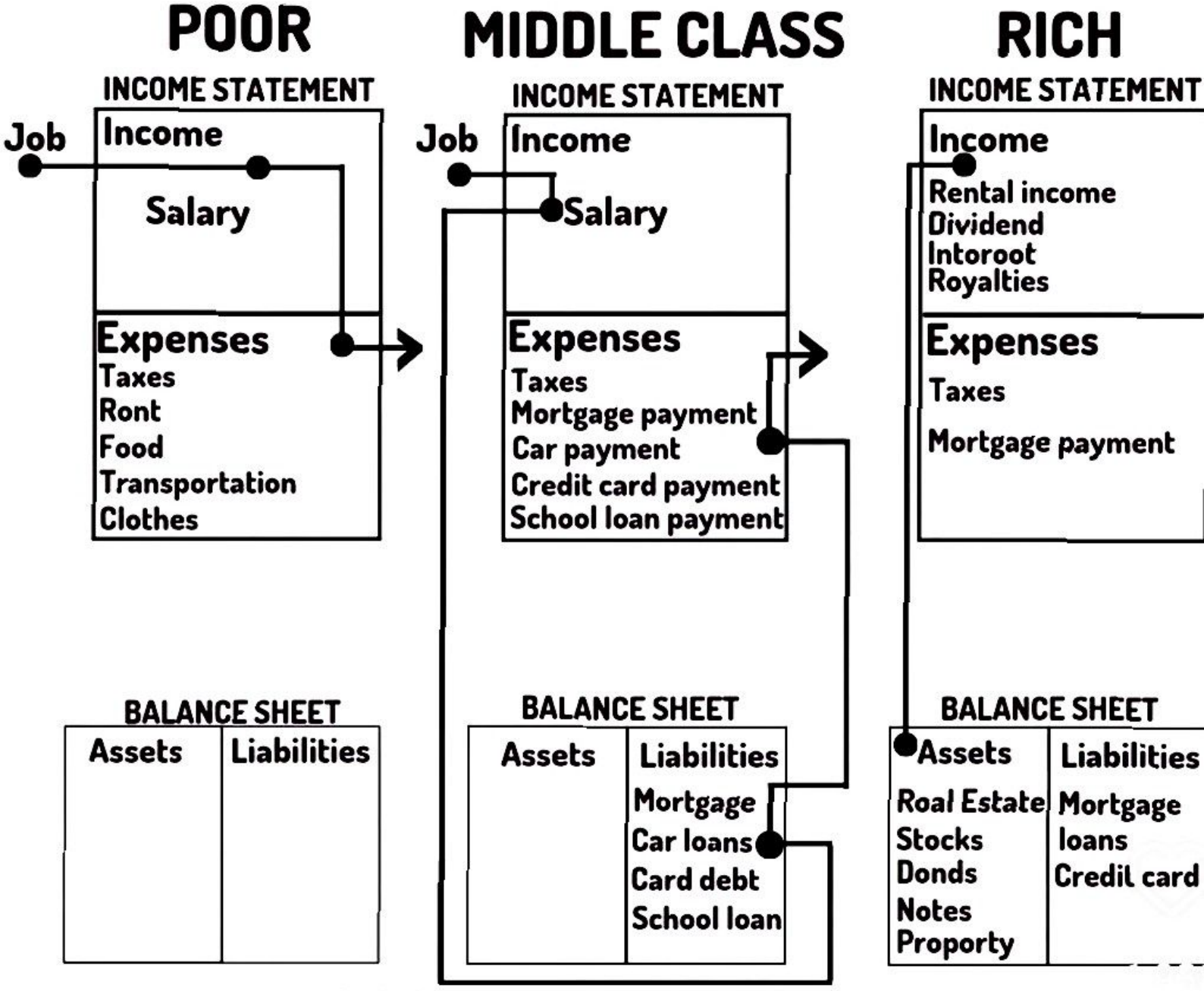
Reply See translation

❤️ 🙌 🔥 👏 😢 😍 😮 😂

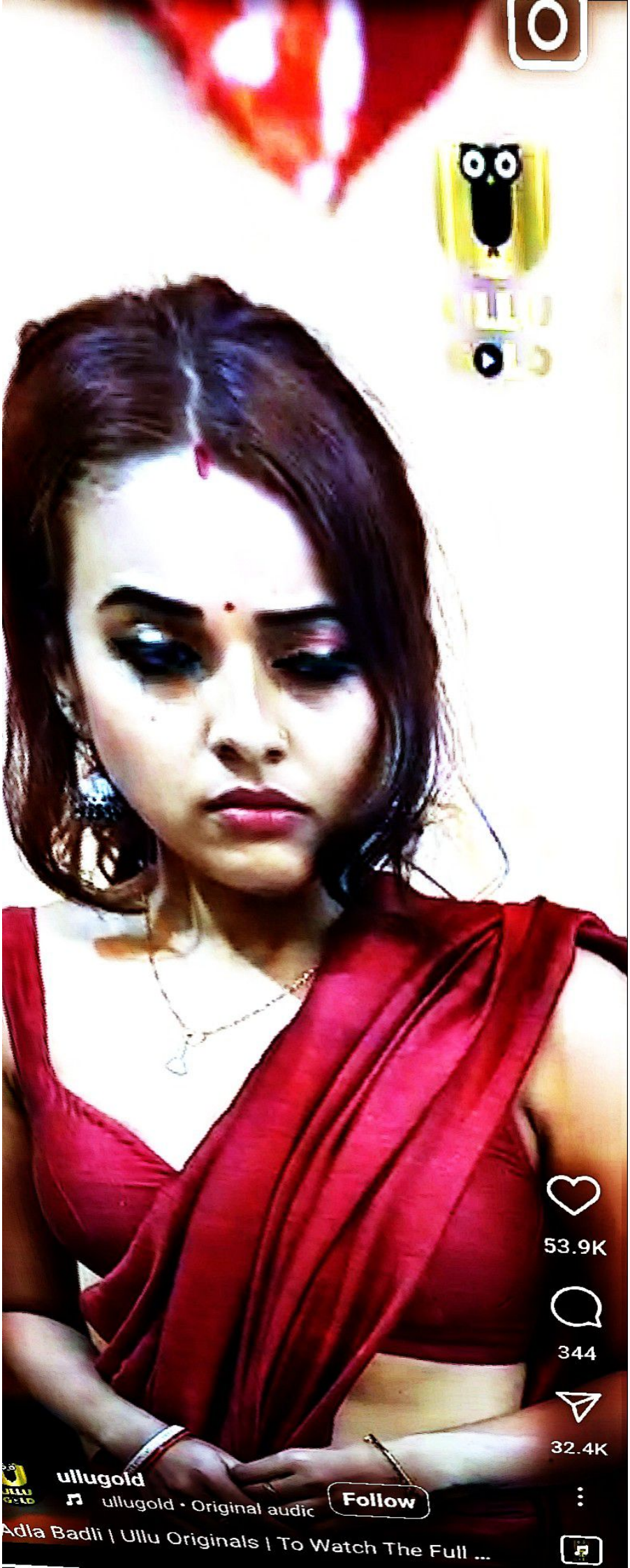
Add a comment...

YOUTUBE पे जा और
सर्च कर "GRENOUER
- Alone In the Dark"
0:50 से देखना शुरू करो
1080P में देखना देख के
कमेंट जरूर करना।
@fact_master42
364
12.7
1M
fact_master42
k - Mervin • The Evil With
Follow

SCHOOL WON'T TEACH YOU THIS



liabilities of the middle class are the assets of the rich."


53.9K
344
32.4K
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ullugold • Original audio
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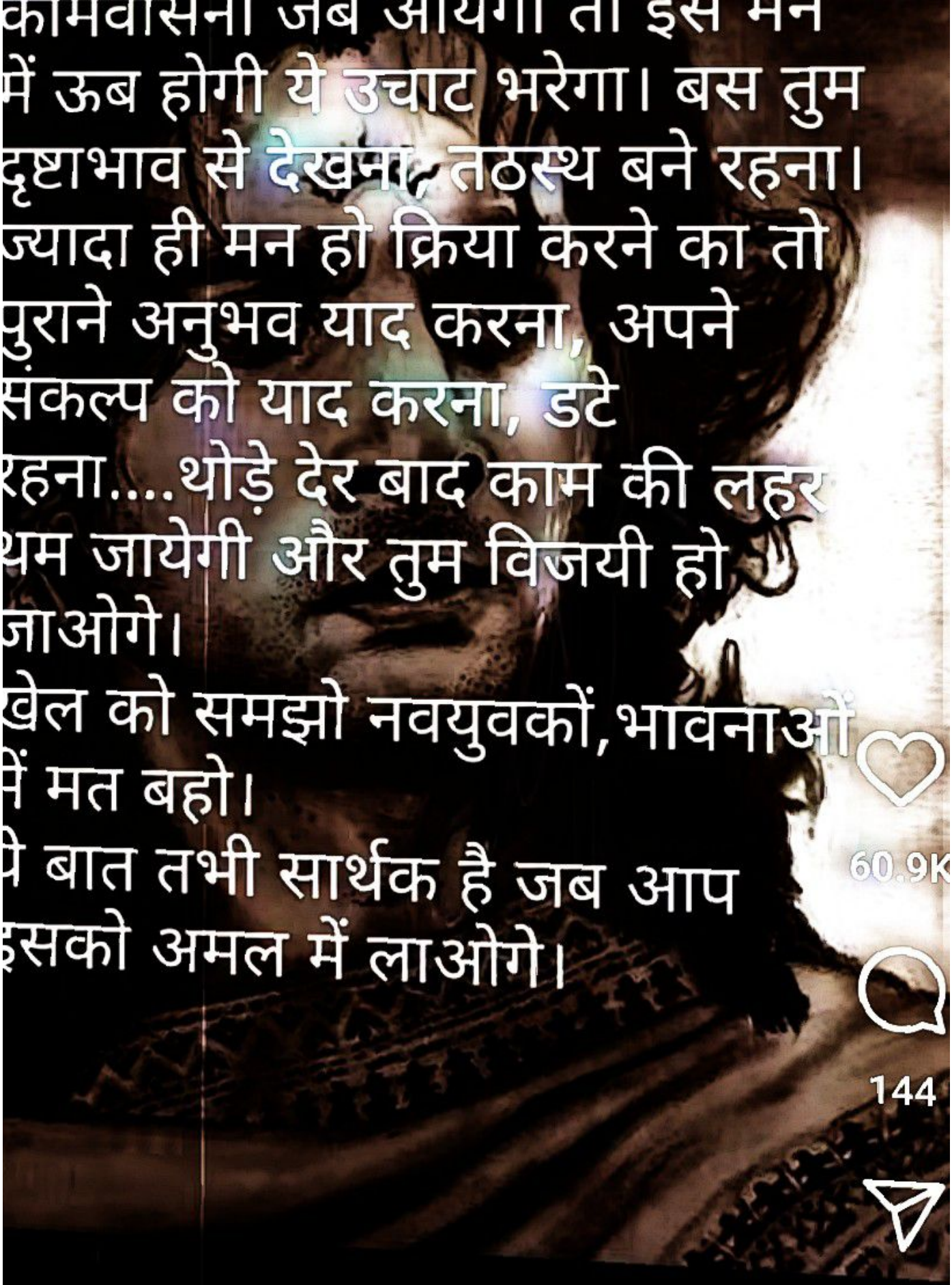
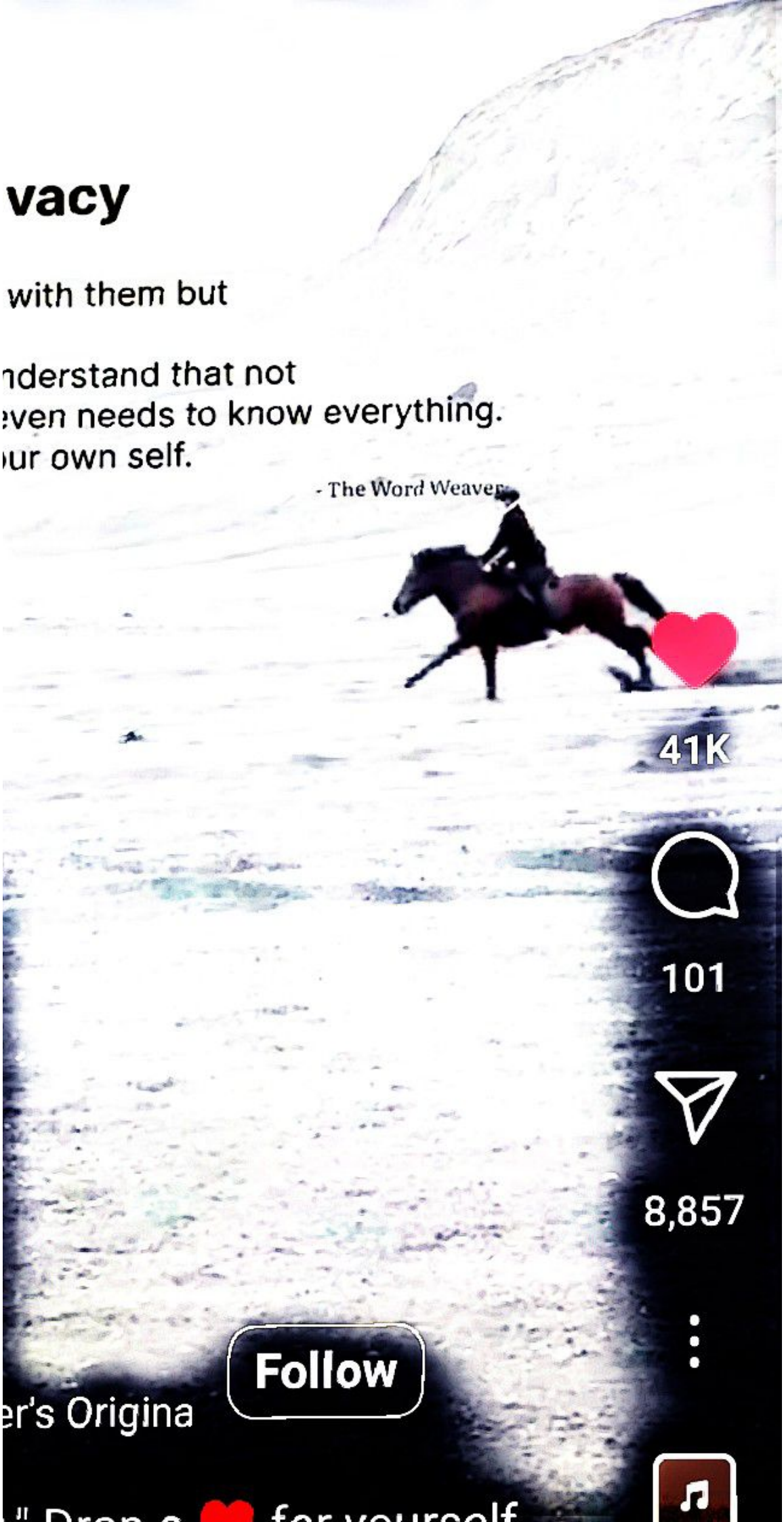
Adla Badli | Ullu Originals | To Watch The Full ...


कामवासना जब आयेगी तो इस मन
में ऊब होगी ये उचाट भरेगा। बस तुम
दृष्टाभाव से देखना, तठस्थ बने रहना।
ज्यादा ही मन हो क्रिया करने का तो
पुराने अनुभव याद करना, अपने
संकल्प को याद करना, डटे
रहना....थोड़े देर बाद काम की लहर
थम जायेगी और तुम विजयी हो
जाओगे।
खेल को समझो नवयुवकों, भावनाओं
में मत बहो।
ये बात तभी सार्थक है जब आप
इसको अमल में लाओगे।
60.9K
144
13.6K
ack_hunter_x_99
· Original audio adorab
Follow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with them but
nderstand that not
even needs to know everything.
our own self.
- The Word Weaver
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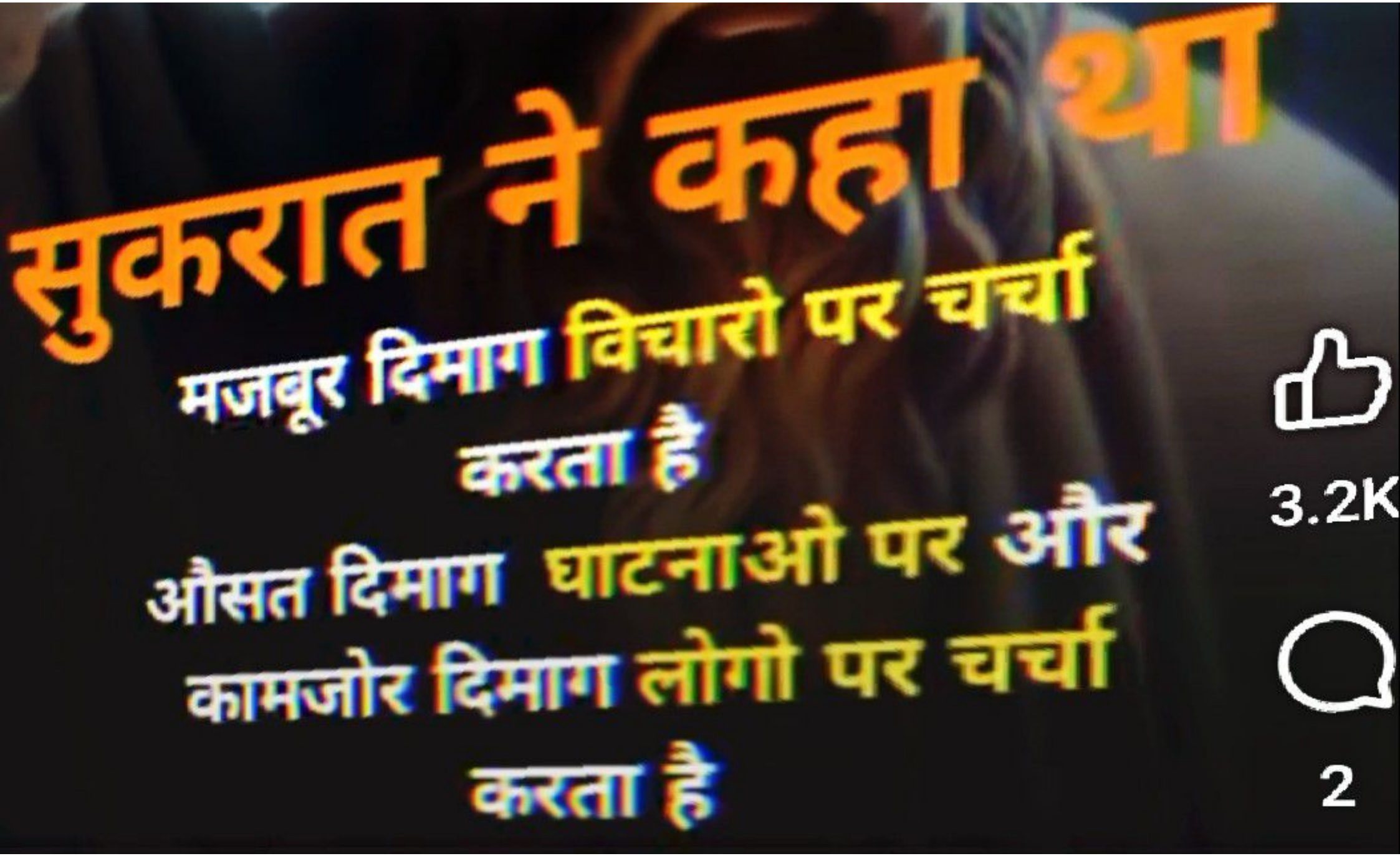

सुकरात ने कहा था
मजबूर दिमाग विचारो पर चर्चा
करता है
औसत दिमाग घाटनाओ पर और
कामजोर दिमाग लोगो पर चर्चा
करता है
3.2K
2

Rules for Manifestation

@thewitchoftheforest

Focus

Focus very clearly on what you really want

Action

Ask the Universe, then do the work necessary to achieve your goals

Believe

Believe what you want will happen & trust the process

Attraction

Remember you attract what you put out into the Universe

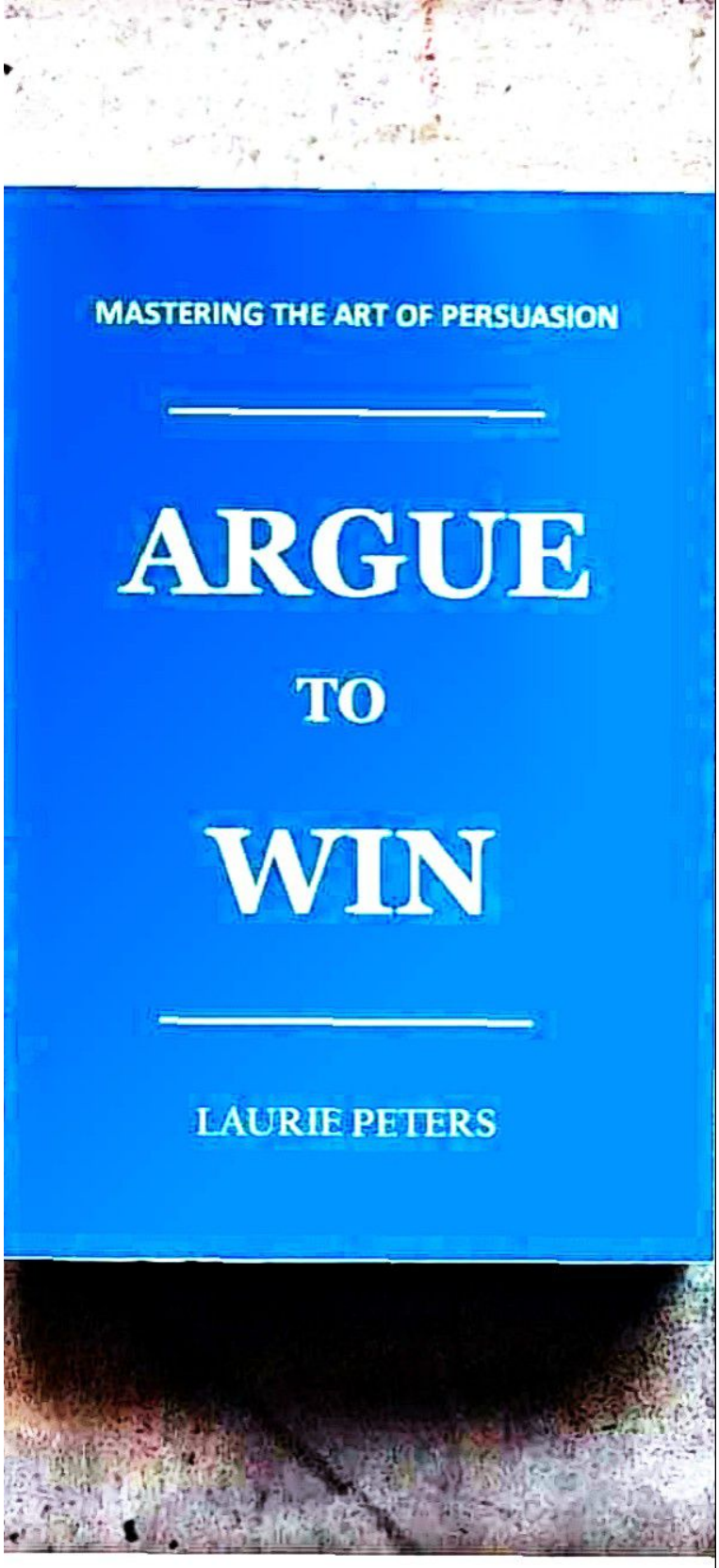
Receive

Gratefully acknowledge & accept what the Universe gives

Release

Release your intentions into the Universe & let them go

The most
dangerous person
is the one who
listens, Thinks and
observes
FunZumo.com
2.6K
26.1K
831K



Ser

Comment Send

raj English · Follow

Jiore Skincare
ISO
KOJIC SKIN WHITENING SOAP
Ingredients : Soap Base, Organic Lactic acid, Jojoba oil, Vitamin C&E
Mandarian oil, Argan oil, Kojic acid, Carrot seed oil, No Alchol, Citric
100% VEGAN
Sinche Body Facial Soap

jiore.official and jiorechennai

♫ Tujh Mein Rab Dikhta Ha

che Body Facial Soap. Only for body. Stron

ALWAYS GIVE
CREDIT TO
ANYONE
WHO HAS
EVER
HELPED YOU,
NEVER BE A
F*CKING
INGRATE
025

??? kar dena bhai

8:43 PM

❤️

kar dena bhai kl jarur se...

te h bawa kl ka hisab jaisa v hoga

8:50 PM

kab aa rha hai 8:50 PM

Fr manish Mali @Sarugaru

Delhi kab aa rha hai

Delhi aayenge to bata denge Tera kaam dham ka hisab kya h 8:54 PM

You

Delhi aayenge to bata denge Tera kaam dham ka hisab kya h

Abhi Bhaiywa bol rha h ki uska gaand ka bawasir aur badh gya h drivery karke ab waha nhi Jane khoj rha h....to kuch or kaam hai Delhi me waisa to bolo saath me Jane soch rha h 8:57 PM

Message

Fr manish Mali @Sarugaru
Kal sunday bate hain

Ok 8:10 AM

Mera recharge Aaj khtm ho jayega aaj 8:12 AM

Kar dena 349 Airtel 8:12 AM

Kar dena ne 8:12 AM

Payment aayega to dekhenge 9:54 AM

You
Kar dena 349 Airtel

Itna to filhal mere pas v nahi hai bhencho 9:56 AM

Opened 9:56 AM

Dekho 9:56 AM

Success is painful

If you truly want to succeed, you must stop listening to your feelings and push through the painful times. At first, everyone has a lot of motivation and does a lot, but then, halfway through, most people give up because they no longer feel like it. Don't be one of those who act according to their desires; be one of those who do things even when they don't feel like it. This way, you will achieve real success. If you only pay attention to your mood and feelings, you will start a hundred things but finish none. However, if you persevere with one thing even on tough days, you will have something perfect. And that's how success is achieved, with a vision, a bit of motivation, but fundamentally, it consists of discipline and perseverance.

SUNAILABLOG

He reaches at work early.

गलत जवाब

सही जवाब:

He reaches work early.

ठीक है

मैं हर शाम लगभग दस मिनट चलता हूँ।

I walk every evening almost 10 minutes.

गलत जवाब

सही जवाब:

I walk about ten minutes every evening.

ठीक है

9
posts

74
followers

24
following

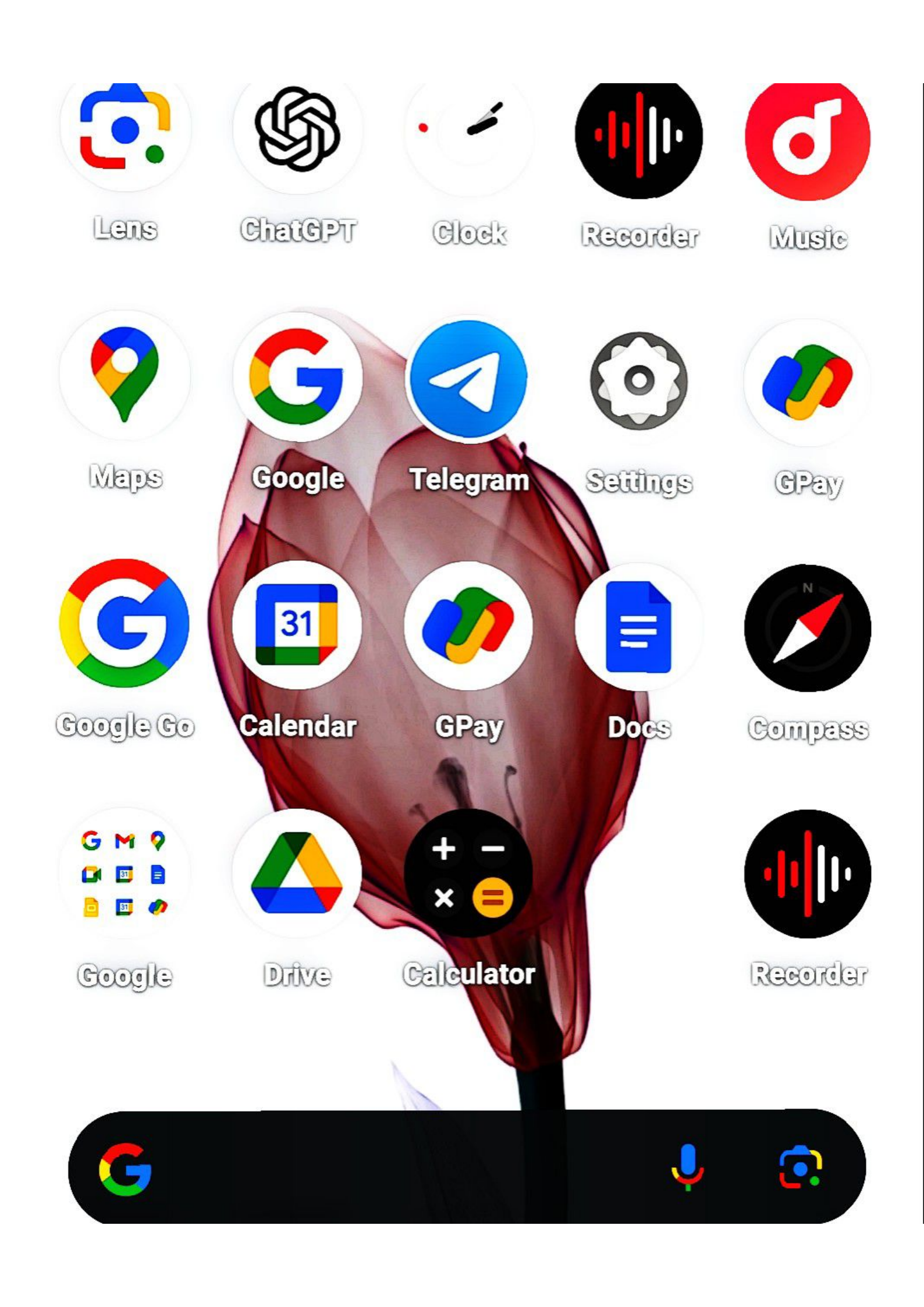
EO Insane
ntrepreneur
_.

SELFMADE 👑
FOREX TRADER 📈
DAY TRADER 🎯
ANSHU 😈

Followed by kishorram582

Follow

BOI 🖤


Lens
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Recorder
Music
Maps
Google
Telegram
Settings
GPay
Google Go
Calendar
GPay
Docs
Compass
Google
Drive
Calculator
Recorder

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.et’s do a quick security chec

Pick the image that is the correct way up

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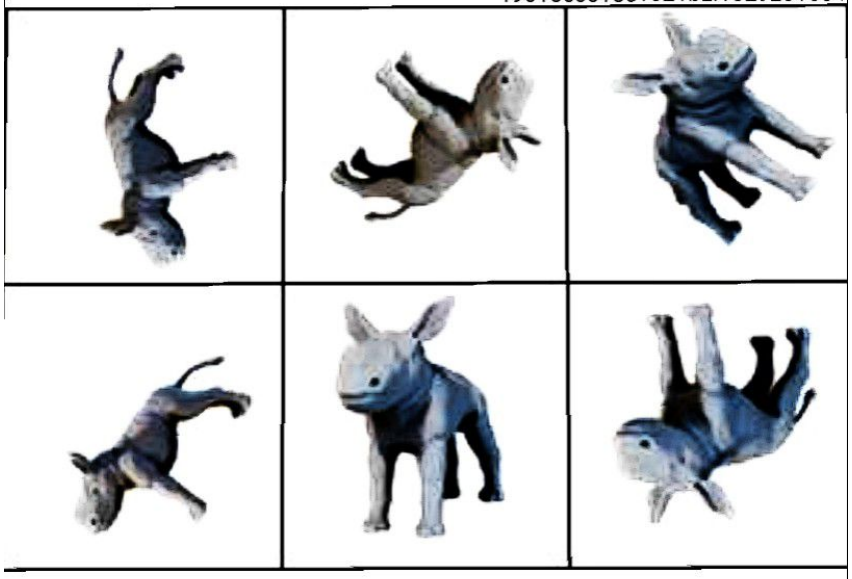


nments

premium looks and feel .
Nice comparison bhaiya ❤️

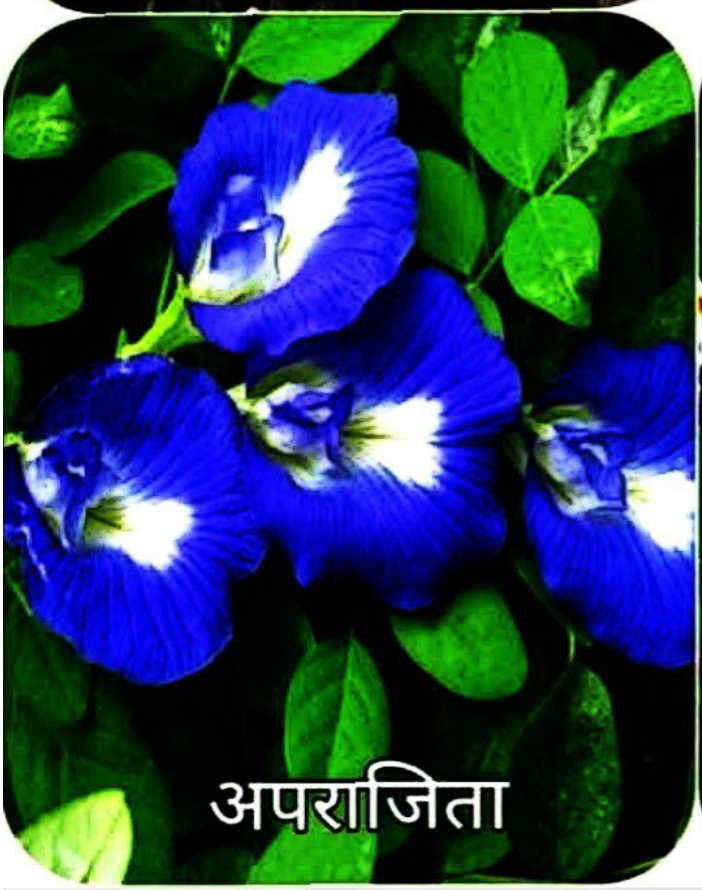
81

13 replies

@TechMinimalistNeel • 2mo ago
smoothness in iqoo z9s settings > Developer
options > off window animation > off other
transition> off other any animation boom 💥

स्वर्ग से आए तीन पौधे

@ashishkibagia



154K 3.2K comments 11.4K shares

Like Comment Send Share

रश्ते निभा के
ये जान लिया
हमने
माँ बाप के सिवा
कोई अपना
नही होता

अच्छी बातें · Follow

Recommended post · 1d ·

Did he instruct you again?

गलत जवाब

सही जवाब:

Did he tell you the instructions again?

ठीक है

Does the play start here late?

गलत जवाब

सही जवाब:

Do plays usually begin late here?

ठीक है

Did she ever read a book?

गलत जवाब

सही जवाब:

Has she ever read a book?

ठीक है

Have you brought only cash?

गलत जवाब

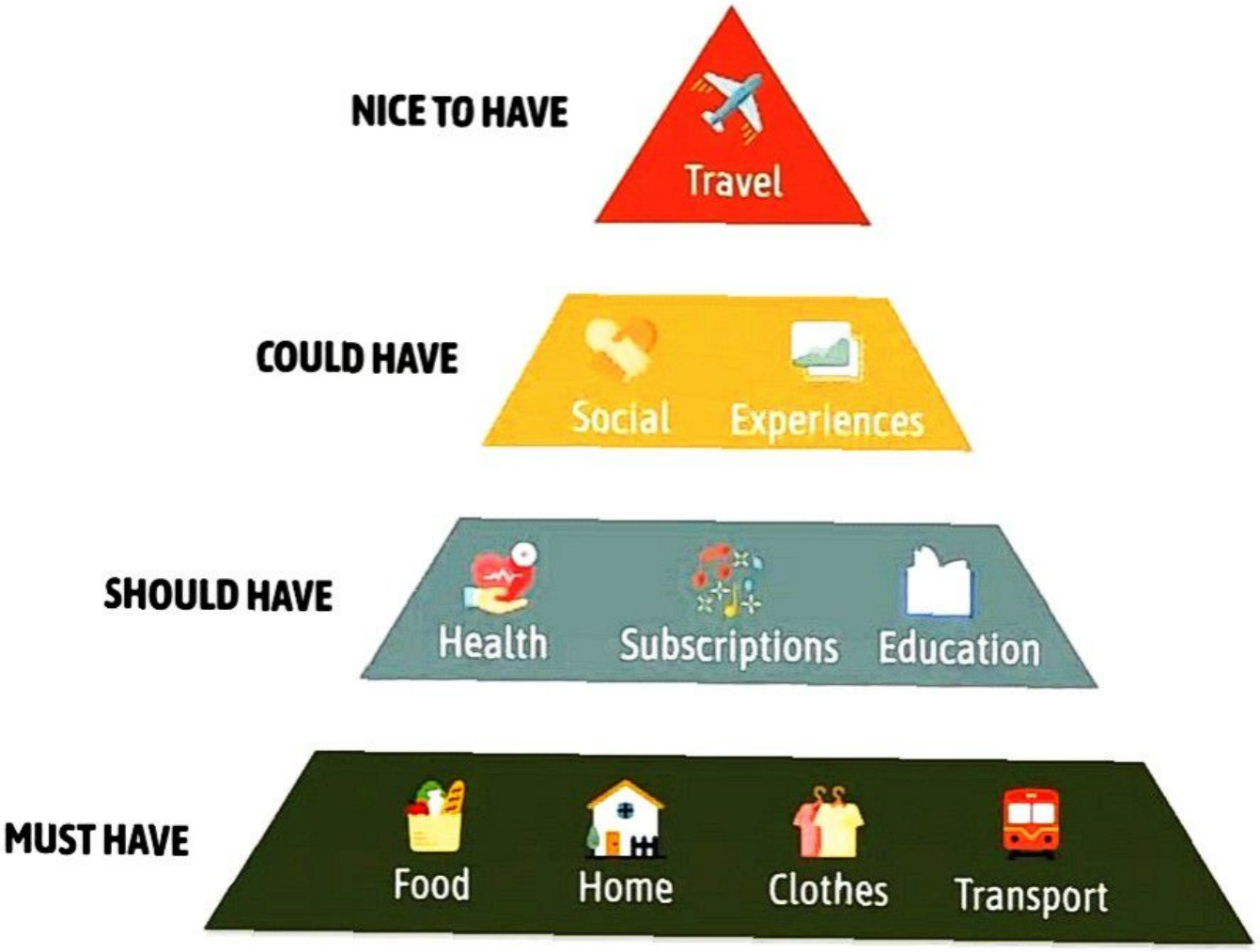
सही जवाब:

Did you only bring cash, darling?

ठीक है

My Money Pyramid

How I prioritise and plan my spending

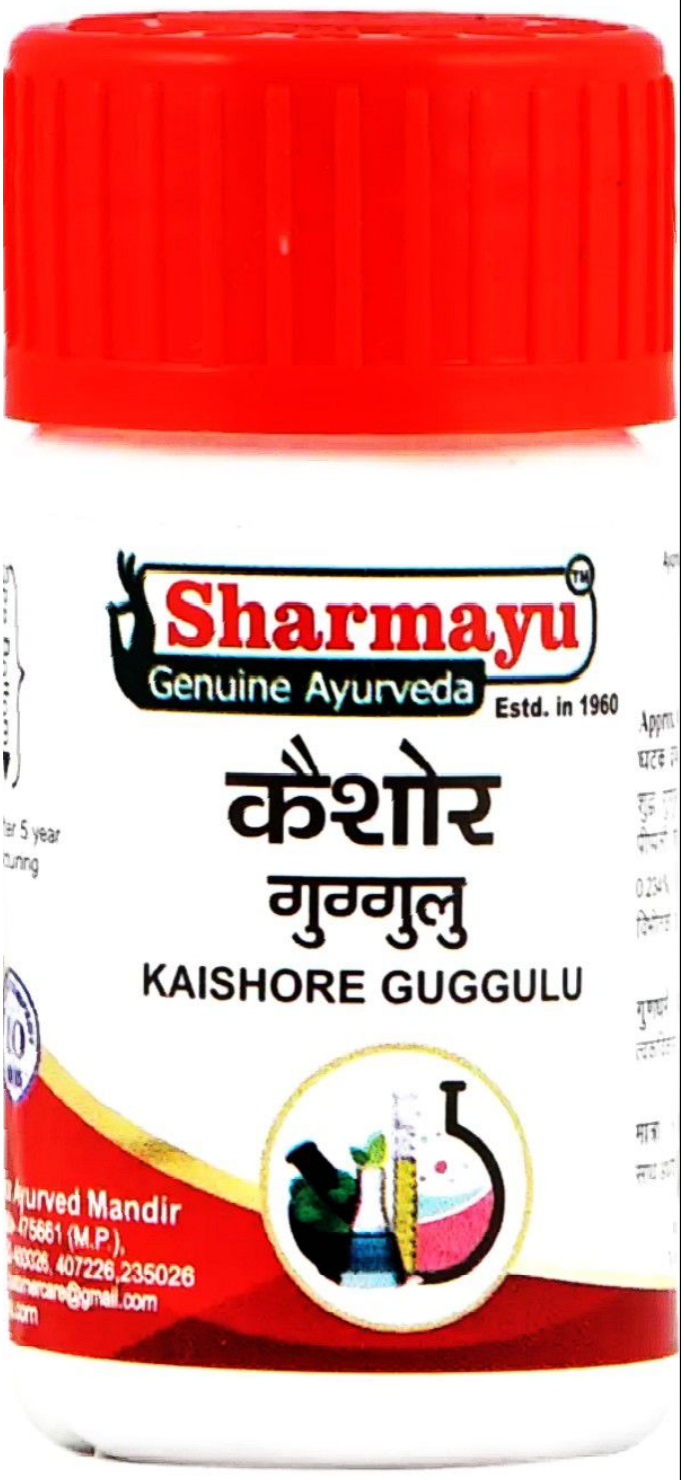


vivo
iQOO
Adreno
613
VS
Mali-G615
MC2
Vivo Y300
iQOO Z9s 5G

Muhammad Ali once said:

I hated every minute of training, but I said, "**Don't quit.** Suffer now and live the rest of your **life a champion**"

विक्रेता रेटिंग >



ff ~~123~~ ₹110

ार्फ़ कुछ ही बाकी!

a Flipkart Axis Bank credit card to get
Apply Now

ार्ट में डालें

अभी ख

Prana Vayu

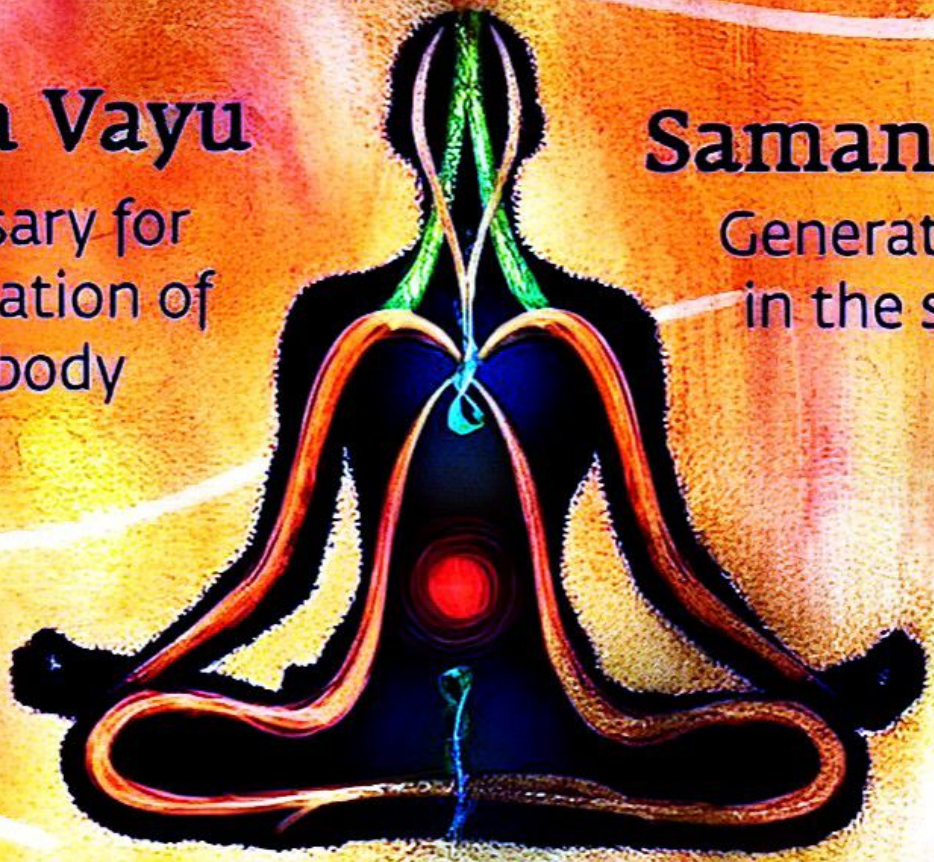
Controls respiration
& thought process

Vyana Vayu

Necessary for
preservation of
the body

Samana Vayu

Generates heat
in the system

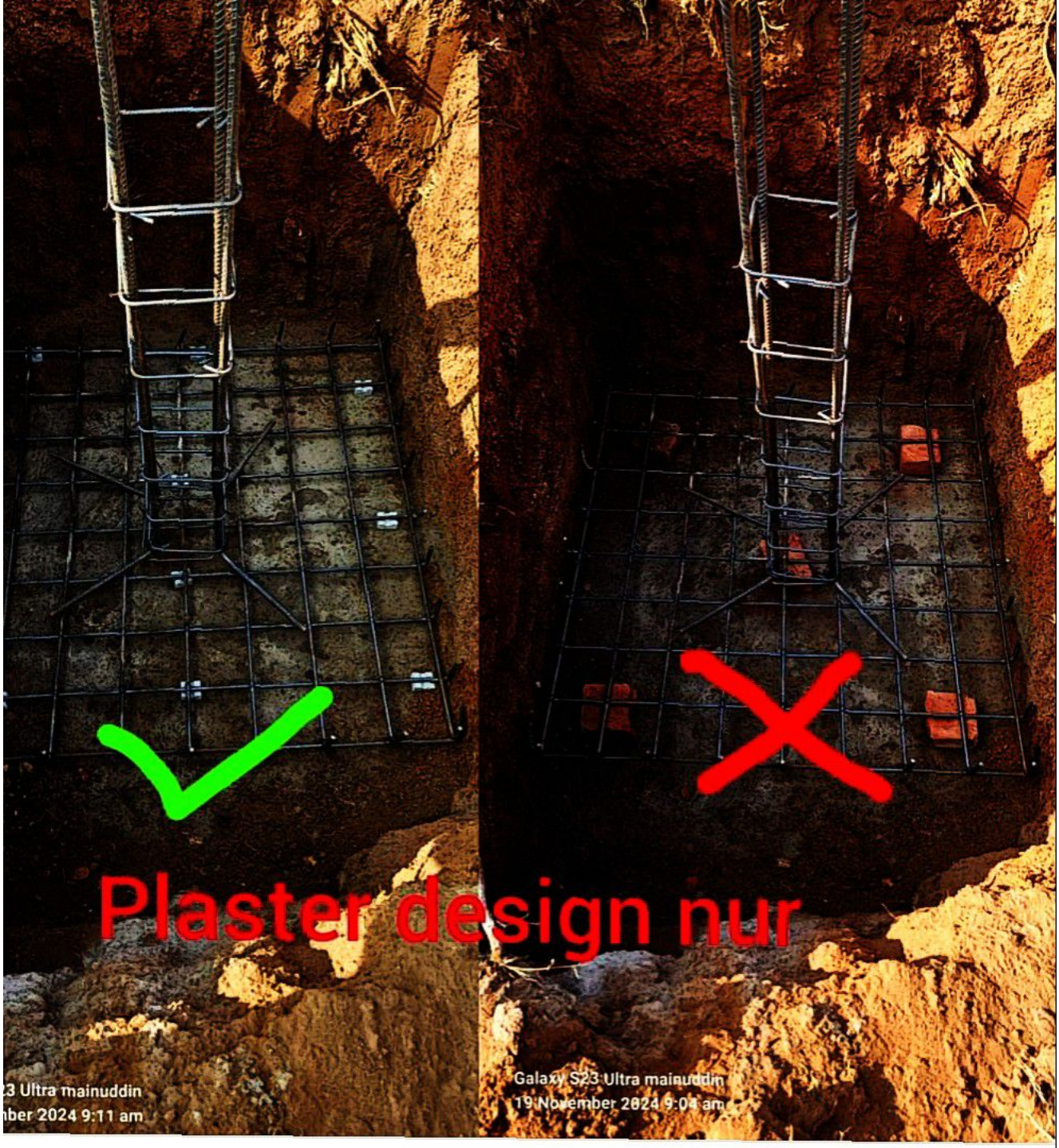


Apana Vayu

In charge of the
excretory system

Udana Vayu

Maintains buoyancy
of the body



52K 859 comments 1K sha

Like Comment Send Sha

Tarksheel Adda · **Follow**

2d ·

कठिनाइयाँ मन को उसी प्रकार मजबूत बनाती हैं, जैसे श्रम शरीर को।... See more

Ashish Rai
2024

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100

VTXCAPITAL.COM

SMART WAYS TO MAKE MONEY

1. Get paid to take surveys
2. Start a Blog
3. Drive with Uber
4. Earn More Interest on Your Savings
5. Become a Freelance Proofreader
6. Make money off your email inbox
7. Link your loyalty cards to the Ibotta App
8. Get Cashback When You Shop
9. Get paid to use search engines
10. Invest Your Savings
11. Peer to Peer Lending
12. Become a virtual assistant
13. Sell Gift Cards You'll Never Use
14. Participate in Paid Research Studies
15. Use Swagbucks for Online Search
16. Sell Your Stuff
17. Join Nielson Panel
18. List an extra room Airbnb
19. Consulting for Local Small Businesses
20. Affiliate Marketing
21. Create an Online Course
22. Offer Resume Help
23. Become a Bartender
24. Pet Sitting
25. Start Personal Training
26. Become a Notary
27. Car Washing and Detailing
28. Be a Coach/Trainer for a Specific Sport
29. Marketing Copy Writing
30. Prepare Taxes
31. Become a Wedding Planner
32. Become a Photographer
33. Web Design Services
34. Interior Design Consulting
35. Edit College Admissions Essays
36. Develop an App
37. Buy and Sell Domain Names
38. Advertise on Social Media
39. Test Apps and Websites
40. Rent Out Your Car
41. Sell Your Old Textbooks:
42. Help Google Improve
43. Sell Your Recycling
44. Do Event Staffing
45. Be a Search Engine Evaluator
46. Grocery Shop for People
47. Snow Removal
48. Data Entry
49. Walk Dogs in Your Neighborhood
50. Babysitting
51. Place Ads on Your Car
52. Deliver Newspapers
53. Find Odd Jobs on Craigslist
54. Exploit Facebook "Yard Sale" Pages
55. Get Paid to Watch Online Videos
57. Sell Your Hair
58. Trade Baseball Cards
59. Enter Online Contests and Giveaways
60. Crowdfund
61. Install the Shoptracker App
62. Do Chores for People
63. Become a Brand Ambassador
64. Join a Focus Group
65. Flip Things on Craigslist
66. Maintain Yards in Your Neighborhood
67. Become a Tutor
68. Become a Ghostwriter
69. Become a Virtual Assistant
70. Become a Translator
71. Launch Your Own YouTube Channel
72. Sell Crafts on Etsy
73. Start a Podcast
74. Refurbish Antiques and Resell Them
75. Event DJing
76. Meal Prep Services
77. Train Dogs
78. Groom Dogs
79. Rec Sports Referee-ing
80. In-Home Help for the Disabled
81. Participate in Clinical Trials
82. Estate Sale Service
83. Electronics Repair
84. Window Cleaning Service
85. Become a Mentor
86. Logo Design
87. Direct Sales Consulting
88. Write an Ebook and Sell it On Amazon
89. Substitute Teaching
90. Play Poker Online
91. Become a Mystery Shopper
92. Transcribe Audio into Writing
93. Sell Roses for Valentine's Day
94. Be an Online Juror
95. House Sit
96. Real Estate Crowdfunding
97. Donate Plasma
98. Get a Promotion
99. Ask for a Raise
100. Work overtime

CLICK THROUGH FOR MUST-KNOW TIPS

habits to track in your bullet journal

self-care

- reading
- relaxing
- bath
- go to bed on time
- no phone time
- manicure
- pedicure
- washed hair
- styled hair
- spent time outside
- skin care routine
- wake up on time
- listened to music
- no T.V. time

health

- workout
- veggie servings
- fruit servings
- water consumption
- period & ovulation
- medication
- no sugar
- no caffeine
- no smoking
- no alcohol
- floss

daily tasks

- ate breakfast
- ate lunch
- packed lunch for work
- cooked dinner
- tidied house
- pet care
- watered plants
- chores

financial

- budget
- savings
- no-spend days
- no-spend weeks
- things to uplevel
- paid bills

personal development

- meditation
- journaling
- affirmations
- gratitude journal
- learn something new
- reading
- relaxing
- written goals
- visualization
- complimented yourself
- listened to a podcast

relationships

- read to kids
- spend quality time with your partner
- date night
- random act of kindness
- smiled at strangers
- call a friend or family member
- compliment someone

Checklist For Starting a Business

@financents

Name Ideas

Target Audience

Planning

- Creating a business plan
- Choose a name
- Research supplies
- Estimate startup cost
- Estimate manufacturing cost
- Research competition
- Set realistic goals
- Research pricing for item
- Research local markets

Marketing

- Buy a domain name
- Create a website
- Create a business email
- Create social media account
- Create email list
- Create email signature
- Order business cards
- Photograph sample products
- Apply to local markets and events

Business

- Choose legal structure
- Register business name
- Obtain EIN (USA) or BN (CAN)
- Obtain licenses and permits
- Set up accounting system

Product & Services

- Designate a workplace
- Order supplies
- Create sample products
- Create an inventory list
- Create a pricing list

Branding

- Choose brand colors
- Design logo
- Create a tagline
- Order business cards
- Design product packaging

Finances

- Open business banking account
- Create a PayPal account
- Create order management system
- Purchase mobile POS system

The 12 Personal Finance Rules *You Need To Live By*

1. Live below your means
2. Save at least 10% of all you earn
3. Track your spending
4. Create and follow a budget
5. Buy the home you can afford
6. Pay down high-interest debt
7. Set long and short-term goals
8. Build financial intimacy with your partner
9. Invest in ETFs
10. Maximize your employer retirement plan
11. Protect your loved ones with life insurance
12. Have a will and family emergency plan

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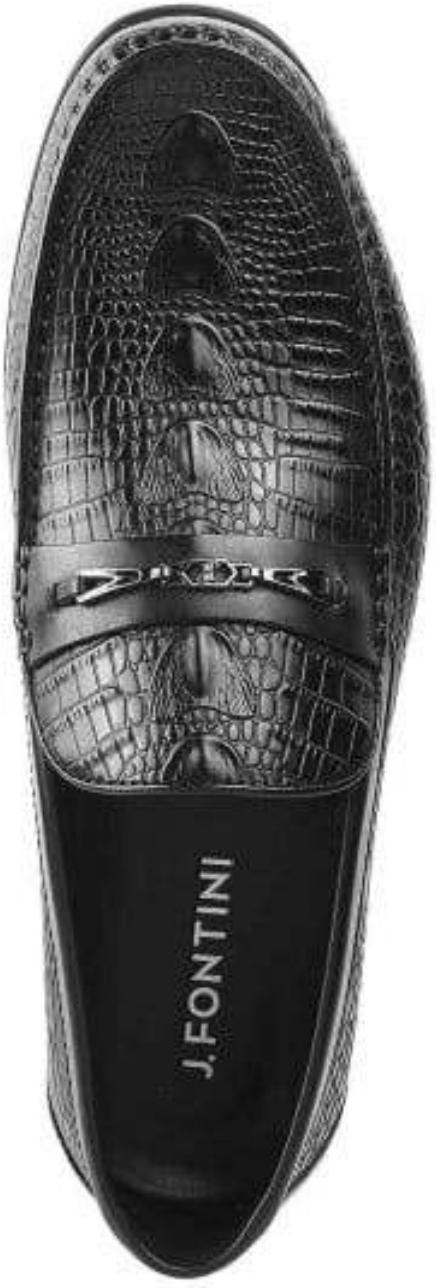
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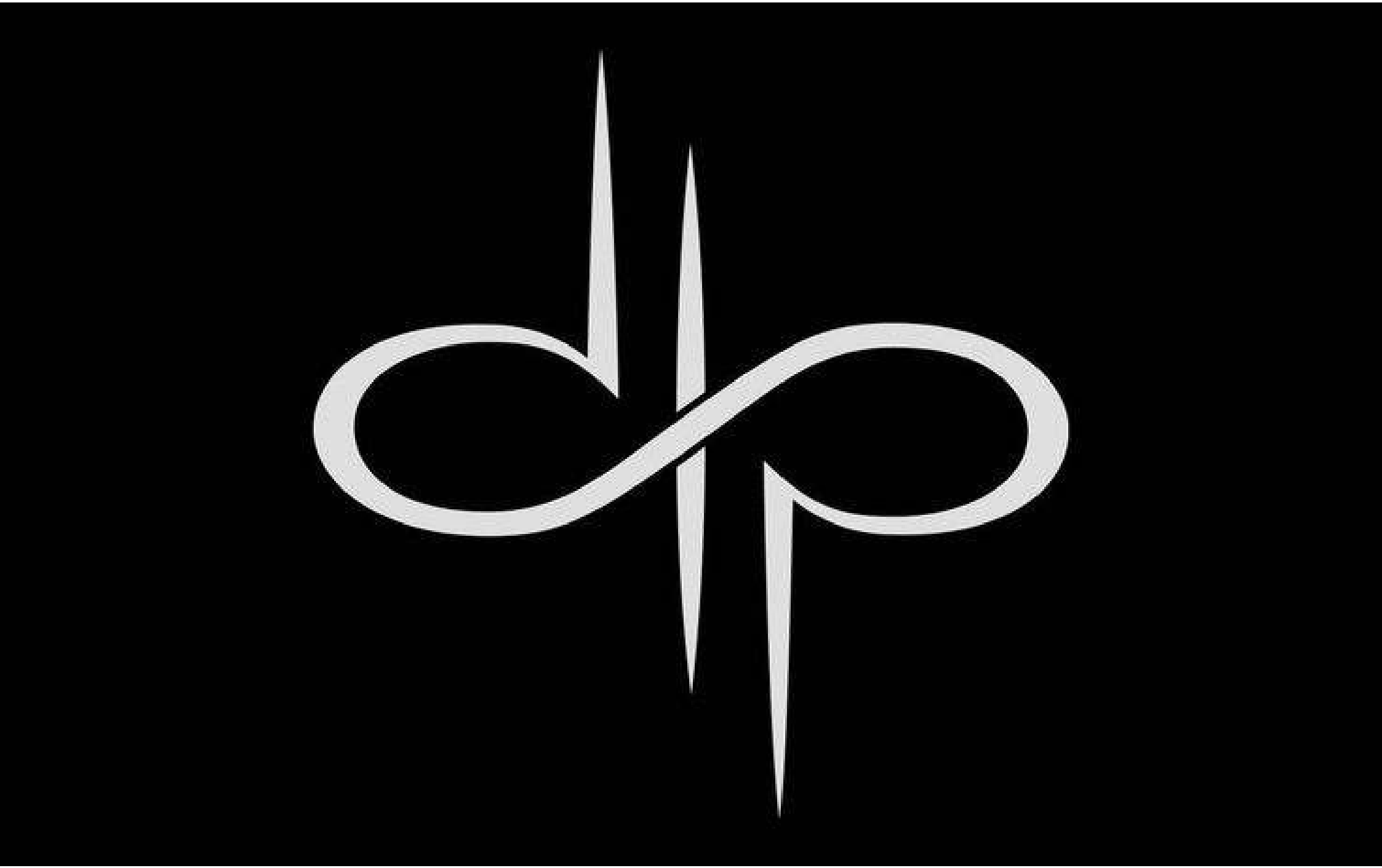
WOODS
WOODS

ZARA
32
ZARA
32

ZARA
3

ZARA
32

SINFINITY



अपनी भाषा को हमेशा बहुत स्पष्ट रखो!

(साइंस फिक्शन और फैंटसी उपन्यासों के चर्चित ब्रिटिश लेखक)

सी. एस. लेवीस ने यह प्रसिद्ध पत्र जोन लैंकेस्टर नामक एक युवा छात्रा को लिखा था :

...

डियर जोन,

तुम लेखक बनना चाहती हो, इसका मतलब है कि तुम अपना जीवन चीजों को वर्णित करने में बिता दोगी। और अगर तुमने एक दर्जन किताबें लिख डालीं, तब भी तुम खुद को बहुत खुशनसीब समझोगी, अगर उनमें कुछ ऐसे वाक्य लिख डाले, जो मूल विचार के निकट थे।

अच्छी भाषा कैसे सीखें? इसका उत्तर जानने के लिए पाठ्यपुस्तकों और स्कूल-शिक्षकों के पास मत जाओ, उसे तुम खुद ही खोजो। सच्ची भाषा की कुछ विशेषताएं होती हैं, चाहो तो उनमें से कुछ को याद रख सकती हो। जैसे कि :

1. अपनी भाषा को हमेशा बहुत स्पष्ट रखो, जो ये बताए कि तुम क्या कहना चाहती हो। ऐसे वाक्य लिखो, जिनके तुम्हारे द्वारा सोचे गए अर्थ के अलावा कोई और मतलब न निकलते हों।

2. लम्बे, अस्पष्ट शब्दों के बजाय छोटे और स्पष्ट शब्दों को प्राथमिकता दो। 'वचनबद्ध होना' के बजाय 'वादा करना' बोलना बेहतर है।

3. जहां ठोस संज्ञाओं से काम चल जाए, वहां अमूर्त का उपयोग मत करो। 'हताहतों की संख्या बढ़ी' के बजाय साफ लिखो : 'लोगों की मृत्यु हुई है!'

4. भयावह या सुखमय जैसे विशेषणों का उपयोग करने के बजाय किसी दृश्य का ऐसा चित्र खींचो कि पाठक खुद ही बोल पड़े-भयावह! या बहुत सुखमय!

5. अतिशयोक्तियों से बचो। जहां 'बहुत समय' कहने से बात बन सकती हो, वहां 'अनंत समय' लिखने की जरूरत नहीं है!

स्नेह के साथ,
सी. एस. लेवीस

@HAVEESHUJAIN

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SINFINITY

What are the types of verbs?

Type of Verb	What is it?	Examples
Action	refers to physical actions that are performed with bodies or objects	• run • swim • help • Cats **chase** mice.
Stative	describes things like qualities, states of existence, opinions, beliefs, and emotions	• love • want • own • The mansion **has** five bathrooms.
Transitive	a verb that is accompanied by a direct object in a sentence	• Leonardo **ate** a delicious pepperoni pizza. • The wealthy man **bought** three paintings. • She really **hates** broccoli.
Intransitive	a verb that is not used with a direct object	• Airplanes **fly**. • The children **slept** while the adults worked. • The terrified monkeys **hid** in the trees after they saw the gigantic hungry snake.
Linking	stative verbs that link a subject with a subject complement	• be • become • seem • Mike **is** a great dancer.
Helping *(auxillary)*	works with other verbs to change the meaning of a sentence	• be • have • do • The musician **has** performed in concerts all over the world.

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What are the types of verbs?

Modal	subgroup of helping verbs that are used to give a sentence a specific mood; can express concepts such as ability, necessity, possibility, or permission.	• can • may • might • Once you finish your homework, you **may** play outside.
Regular	past tense form and past participle ends in -ed, -d, or the verb is a -t variant verb	• jump ➡ jumped • slip ➡ slipped • try ➡ tried • He **walked** two miles to the post office.
Irregular	past tense and past participle form doesn't end in -ed, -d, and doesn't use the –t variant	• is ➡ was • eat ➡ ate, eaten • fly ➡ flew, flown • Cindy **knew** all of the right answers.
Phrasal	combinations of a verb with prepositions and/or adverbs that have a different meaning from the individual words used to form them	• ask for • put up with • talk down to • The frustrated business owner **closed down** his store.
Infinitives	the base form of the verb	• **To play** guitar in a rock band is my goal. • If you are looking for the best restaurants in town, Luis is the person **to ask**. • The writing in the letter was too small **to see**.

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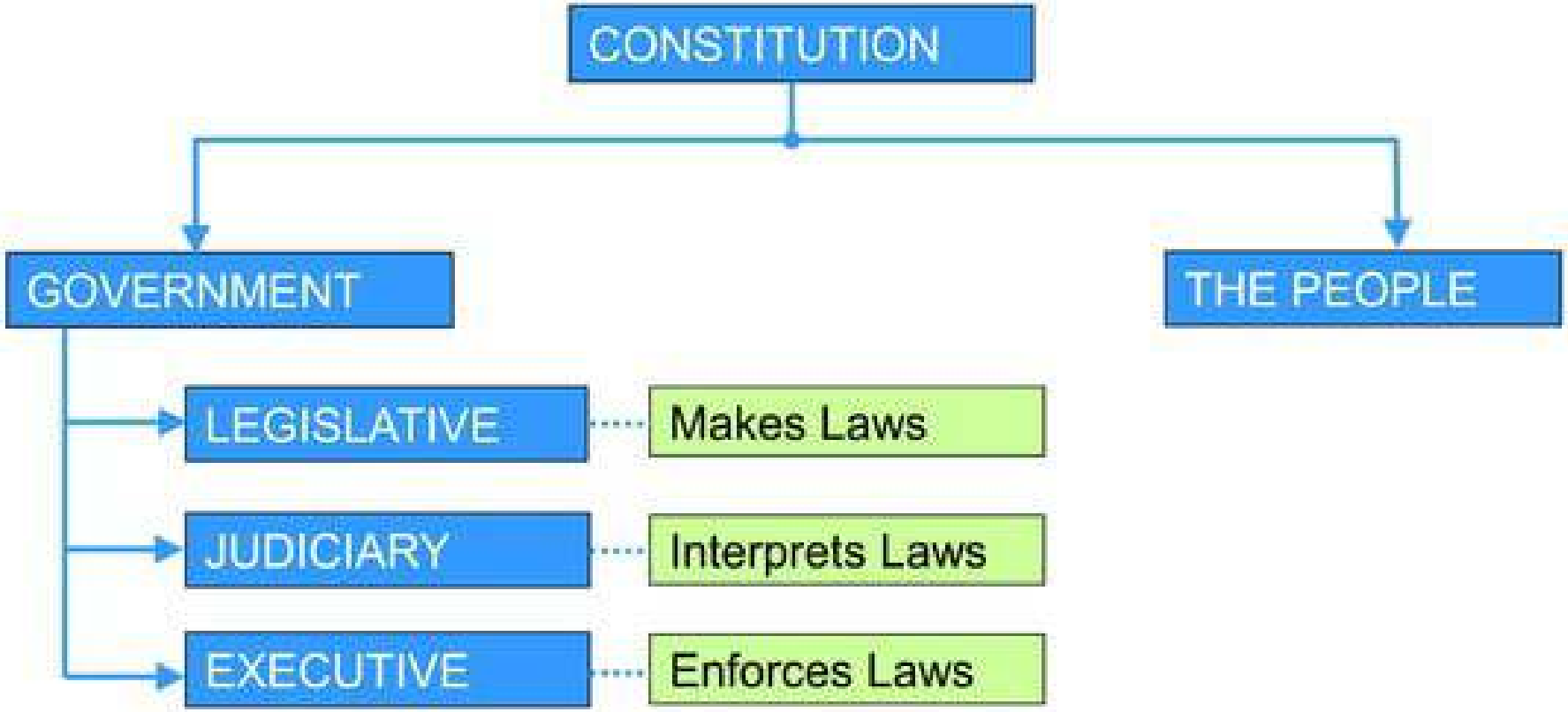
Role of Constitution in relationship between Government and its people:-



CONSTITUTION: MEANING

- A constitution means a document having a special legal sanctity which sets out the framework and principal functions of the government.
- It gives idea about the basic structure of the political system under which its people are to be governed.
- It defines the powers of the main organs of the state, demarcates their responsibilities and regulates their relationship with each other and with the people.
- It can also be termed as the Fundamental Law of a country which reflects people's faith and aspirations.

Salient Features of Indian Constitution

1. Preamble:

The Preamble, the preface to the constitution, describes the source nature, ideology, goals and objectives of the constitution. It describes India as a sovereign socialist, secular, democratic republic and underlines the-national objective of social just' economic justice and political justice as well as fraternity.

2.Written Constitution:

There are two types of constitutions in the world. Most of the constitutions are written. The first modern written constitution was the American constitution. On the other hand, the British constitution is unwritten. It consists of customs and conventions which have grown over the years. In India, we have a written constitution. The framers of our constitution tried to put everything in black and white.

3.Longest Constitution:

The Constitution of India is the longest one in the world. Originally it had 395 Articles and 8 schedules. During the period since 1950 a few Articles have been deleted, but many more have been added through amendments.

4. Parliamentary Democracy:

In India, there is a parliamentary form of govern The majority party in the Lower House (Lok Sabha) form: government. The Council Ministers is responsible to the Lok Sabha. The Cabinet is the real executive head. I Presidential form of government, the President is the executive head. In India, the President is only the nomina head.

5. Role of Conventions:

Though India has a very detailed constitution, there is some scope for conventions to influence its functioning. On some vital issues constitution is silent and one has to depend upon well-established parliament conventions on such occasions.

6. Federal Government with Unitary Bias:

India is a federation, although word 'federation' does not find a place in the whole text of the Indian Constitution. The elements of federation are present in the Indian Constitution. It is a written and rigid constitution.

7. Fundamental Rights:

The Fundamental Rights are guaranteed to the individuals by our constitution. These are enumerated in Pail III of the constitution. These rights are fundamental because they are basic to the moral and spiritual development of the individual and these rights cannot be easily abridged by the parliament .

8.Partly Rigid, Partly Flexible:
Whether a constitution is rigid or flexible depends on the nature of amendment. If the constitutional laws and ordinary laws are amended separate ways, it is a rigid constitution. On the contrary, in a flexible constitution constitutional laws and ordinary laws are amended in the same way.

9. Directive Principles of State Policy:
The Directive Principles of State Policy are enumerated in Part IV of the constitution. They are instructions or directives from the constitution to the state and the government. It is the duty of the government to implement them.

10. An Independent and Integrated Judiciary:
An independent judiciary is a none of any federation. The judiciary in India is independent and impartial. It is an integrated judiciary with the Supreme Court at the apex of the hierarchy. The High Courts stand in its middle, and the lower courts are located at its bottom.

11. Universal Franchise:
Article 326 of the Constitution of India provides universal adult suffrage. The voting age has now come down from 21 to 18. Anybody who has completed 18 years of age is eligible to vote in general elections. This is one of the most revolutionary aspects of Indian democracy.

12. Secularism:
India is a secular state. Although the 42nd Amendment Act, inserted the word 'secular' in the Preamble to the constitution, India has been secularism since independence.

NATURE OF INDIAN CONSTITUTION-FEDERAL OR UNITARY

ESSENTIAL FEATURES OF FEDERALISM

1. Division of Powers:

In a federal government, the powers of administration are divided between the centre and the units. The powers may be distributed in one of the two ways. Either the Constitution states what powers the federal authority shall have and leaves the remainder to the federating units, or it states what powers the federating units shall possess and leaves the remainder to the federal authority.

2. Written Constitution:

A federation must have a written constitution. A federation is a political partnership of various states and consequently there must be a written constitution.

3. Rigid Constitution:

The constitution of a federation should be better rigid so that it could be regarded as a sacred agreement, the spirit of which should not be easily violated. A flexible constitution allows scope to the central government to

4. Special Judiciary:

In a federation there are possibilities of constitutional disputes arising between the federal centre and the units or between one unit and another or between the citizens and the government. All these disputes are to be adjudicated in the light of the constitution.

5. Supremacy of the Constitution:

The constitution is the supreme law in a federation. Neither the central government nor the government of the units can go against its spirit.

6. Double Citizenship:

Citizens in a federal state have dual interests and they should be given rights of double citizenship—citizenship of the state wherein they are domiciled and citizenship of federal state as a whole.

FEDERAL CHARACTERISTICS IN INDIAN CONSTOTUTION

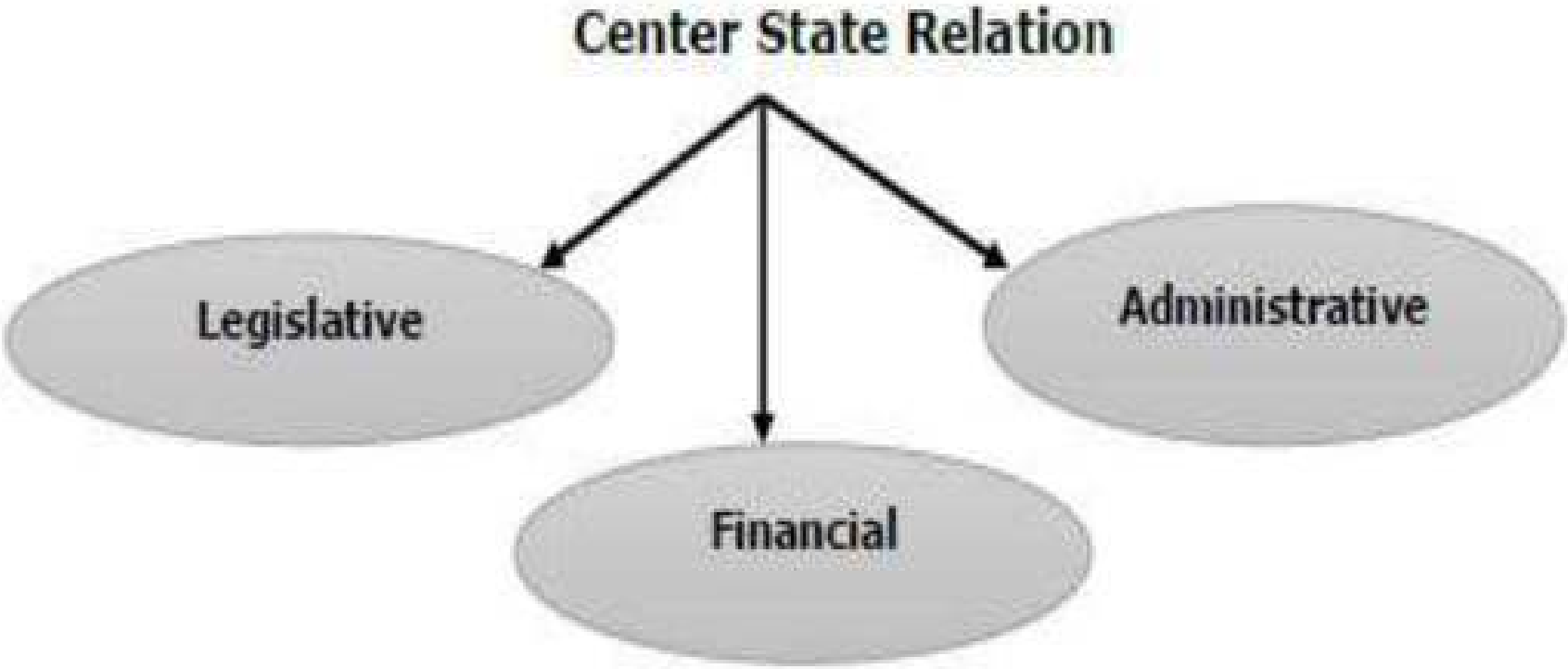
- Supremacy of Constitution
- Divisions of powers between union and state governments
- Existence of an independent judiciary
- Rigid procedure for amendment-sometimes states are also given a say

INDIAN CONSTITUTION- FEDERAL OR QUASI FEDERAL

Prof. Wheare- "Quasi-federal", almost devolutionary in character; a unitary state with subsidiary federal features rather than a federal state with subsidiary unitary features.

Dr. Ambedkar - both unitary as well as federal according to the requirement of time and circumstances.

UNION-STATE RELATIONS: LEGISLATIVE, ADMINISTRATIVE AND FINANCIAL RELATIONS



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(Affiliated to Guru Gobind Singh Indraprastha University and Approved by Govt of NCT of Delhi & Bar Council of India)

Legislative Relations

- Chapter I of Part XI (Article 245-254) of the Indian Constitution specified two-fold division of Legislative powers between the Union and the States.
- (1) with respect of territory
- (2) with respect of subject matter

Territorial Jurisdiction

As regards territory, Article 245 (1) provides that subject to the provisions of this constitution, as State Legislature may make laws for the whole or any part of the state to which it belongs. It is not possible for a State Legislature to enlarge its territorial jurisdiction under any circumstances except when the boundaries of the state itself are widened by an act of Parliament. Parliament has, on the other hand, the power to legislate for 'the whole or any part of the territory of India, which includes not only the states but also the union territory of India [Art. 246 (1). It also possess the power of 'extra-territorial legislation [Art. 245 (2), which no state legislature possesses.

Distribution of Legislative Powers (subject matter)

As regards the subjects of legislation, the constitution adopts from the Government of India Act, 1935 and divides the powers between the Union and the States under three lists. They are as follows:

(i) The Union list
(ii) The State List and
(iii) The Concurrent List.

The Union List

At present the Union List consists of 99 Subjects over which the Union shall have exclusive power of legislation. The Subjects mentioned in the Union List are of national importance, for example, defence and foreign affairs etc..

The State List

The State List comprises of 61 Subjects over which the states have exclusive power to make laws. The Subjects mentioned in the State List are of local or regional importance, such as public order, police and public health etc..

Concurrent List

The Concurrent List includes 52 subjects and both the union and the states can make laws on this list but in case of conflict between the Central Law and the State Law, the Central Law will prevail over the State law. The purpose of adding the List to the constitution was to secure uniformity in the main principles of law throughout the country.

Residuary Powers

Article 248 says that, Parliament has exclusive power to make any law with respect to any matter not enumerated in any one of the three lists. This reflects the leanings of the Constitution-makers towards a strong centre. Another notable thing 52 regarding to residuary powers is that "the final determination as to whether a particular matter falls under the residuary power or not is that of the courts.

Administrative Relations

The administrative relations between the union and the states may well be studied as under: (i) **normal** and (ii) **emergency conditions**. The constitution has devised several techniques of control to be exercised over the states by the Union government under normal 57 circumstances. The states shall not interfere with the legislative and executive policies of the Union government.

Techniques of Union control over States

In normal times: Even in normal times, the Indian Constitution has devised techniques of control over the states by the Union to ensure that the state governments do not interfere with the legislative and executive policies of the union and also to ensure the efficiency and strength of each individual unit which is essential for the strength of the union. Some of these avenues of control arise out of the executive and legislative powers vested in the President, in relation to states. For instance, the President of India has power to appoint and dismiss the Governor, (Art. 155-156) and other dignitaries in the state, if they were found guilty

Specific Agencies for Union Control

The fathers of Indian Constitution, in order to safeguard the infant democracy of India provided several means to control administrative affairs of the states. They are:

(i) Directions to the State Governments-The Union Government is competent to give directions to a state government and to secure compliance with such directions. President's rule can be imposed, in case the State government fails to comply with any directions issued by the union government in the exercise of its executive powers

ii) Delegation of Union functions -The Constitution has enabled the union and the state governments to exchange their respective administrative functions.

For example, the President with the consent of the State government may entrust any executive function of the union to the states (Art. 258) while legislating on a Union Subject, Parliament may delegate powers to the state governments and their officers in so far as the statue is applicable in respective states. Conversely, a State government may, with the consent of the Government of India, confer administrative functions upon the latter relating to State Subjects.

(iii) Disputes relating to Water - Article 262 authorises the Parliament to provide by law for adjudication of any dispute or complaint with respect to the uses, distribution or control of waters of any Inter-State rivers and River Valleys under clause(2) of this article.

(iv) **Inter-State Council** (Art. 263) The President of India is empowered to establish Inter-state Council, if at any time it appears to him that the public interests would be severed thereby.

(v) **Grants-in-aid (Art. 275)** The Constitution of India has given the Parliament the power to make such grants as it may deem necessary to give financial 60 assistance to any state which is in need of such assistance. By means of this, the union can correct Inter-state disparities in financial resources and can exercise control and co-ordination over the welfare schemes of the states on a national scale. The Union government also provides for specific grants for welfare of Scheduled Tribes and development of tribal areas

(vi) **Advisory bodies** There are a few advisory bodies at the union level which co-ordinate the activities of the states in India, for example, National Planning Commission (1950) and National Integration Council (1986).

Financial Relations

Money is the life-blood of all governments without which they could not function and undertake obligations to improve the lots of the people. Since in a federal polity two sets of governments operate, it is necessary that each of them has sufficient funds.

To achieve this, Indian Constitution has made elaborate provisions relating to the distribution of the taxes as well as non-tax revenue and the power of borrowing, supplemented by provisions for grants-in-aid by the union to the states.

Principles underlying distribution of Tax Revenues The Indian Constitution makes a distribution between the legislative power to levy a tax and the power to appropriate the proceeds of a tax so levied. In India, the powers of a Legislature in these two respects are not identical.

Finance Commission (Art. 280) Article 280 of Indian Constitution provides for the constitution of a Finance Commission to recommend to the President certain measures relating to the distribution of financial resources between the union and the states. For example, the percentage of the net proceeds of income-tax which should be assigned by the union to the states and the manner in which the share to be assigned shall be distributed among the states.

It shall be the duty of the Finance Commission to make recommendations to the President as to - (a)the distribution between the union and the states of the net proceeds of taxes which are to be or may be, divided between them under this chapter and the allocation between the states of the respective shares of such proceeds. (b)The principles which should govern the grants-in-aid of the revenues of the states out of the Consolidated Fund of India. (c) The measures needed to augment the Consolidated Fund of a state to supplement the resources of the Panchayats in the states.

Emergency Provisions

EMERGENCY PROVISIONS
ARTICLE 352
NATIONAL EMERGENCY
• Proclaimed on the ground of war or external aggression or armed rebellion
ARTICLE 356
STATE EMERGENCY
• Proclaimed on the ground that constitutional machinery has broken down in a state -
ARTICLE 365
STATE EMERGENCY
• Proclaimed on the ground that a particular state has failed to follow the directions of the Centre
ARTICLE 360
FINANCIAL EMERGENCY
• Proclaimed on the ground that there is threat to the financial stability or Credit of India

Emergency Provisions

- Part XVIII of the Constitution of India contains Articles 352-360 which deals with 'Emergency Provisions'. There are three kinds of provisions according to the Constitution.
- National Emergency
- State Emergency
- Financial Emergency

National Emergency

Article 352 deals with the National Emergency. An emergency arising from the threat to the security of the country is called **National Emergency**. A national emergency can be proclaimed by the President of India when he is satisfied that a grave security threat exists to the national. The threat can either be by war, external aggression or armed rebellion.

The expression "Proclamation of Emergency" or "Emergency" deals only with Clause (1) of Article 352 of the Constitution of India and it does not include articles 356 and 360.

Grounds for Proclamation of Emergency

Before the 44th amendment to the Constitution of India, the following are the grounds under which the President can proclaim emergency.

War

External Aggression

Internal Disturbance

However, the term Internal Disturbance is too vague and might also include political agitations in the country. Hence, the 44th amendment replaced this with armed rebellion. After the 44th amendment the following are the grounds under with a National Emergency can be proclaimed by the President.

War

External Aggression

Armed Rebellion.

War

When a violent struggle between two countries with the use of armed forces. It also includes when a country has made a formal declaration of a war against India.

External Aggression

External aggression has wide meanings. It covers unilateral attacks with force by one state against another State without a formal declaration of war. As long as the other State has not answered with similar hostile attacks, it can be constituted an external aggression.

Publication of Proclamation of Emergency

There is no prescribed format in which a Proclamation of Emergency needs to be published. The publication can be made in any manner deemed fit in order to be known to public.

Effects

Suspension of Fundamental Rights

The first and foremost effect of an emergency is the suspension of the fundamental rights guaranteed by Article 19 of the Indian Constitution. Under articles 358 and 359, the President of India can extend the suspension of all fundamental rights except those mentioned in Articles 20 and 21.

Extension of Centre's Executive Power

The constitution empowers the Union to extend its executive power by giving directions to state.

(a) to give directions to the State

(b) to make laws of the State

The executive power also extends to states where emergency is not in force, but are in relation to states which the Proclamation of Emergency is in operation.

Parliament to legislate on State subjects

The law-making power of the State is not suspended, but the Parliament can amend laws which override the state laws.

Extension of life of Lok Sabha

The President is empowered to extend the life of Lok Sabha by one year and can extend it six months each time.

State Emergency

Failure Of Constitutional Machinery In State

Article 256 talks about the failure of constitutional machinery in state also known as the President's rule. If the president on Governor's report or otherwise is satisfied that the situation has arisen that the government can't be carried in accordance with the constitutional provisions then, he may issue State emergency.

President can declare emergency either by the report of Governor or he himself is satisfied that the situation is such that the emergency has to be imposed. But at times, President may declare emergency when a report is not received from the governor. This was done by President Venkataraman in 1991 in the state of Tamil Nadu even though he didn't receive a report from the governor.

After the 42th Amendment of the constitution the state emergency was made immune from judicial review. But later in the 44th Amendment the legality of President's rule could be challenged

The proclamation relating to state emergency shall be laid before each House of Parliament unless both Houses approve it, the emergency shall cease to have effect after the expiry of a period of two months. Further the duration of proclamation can be extended to 6 months each time by both Houses of Parliament passing resolution approving its continuance. Beyond the period of an year the proclamation can only be continued if the Election Commission certifies that it is not possible to hold election in the state or that territory.

The consequences of state emergency are-

- The president assumes all the executive power of the state himself. The state administration runs by him or any person appointed by him generally the Governor.
- During such proclamation, the state assembly is either dissolved or suspended. But the MLA's do not lose their membership of the Assembly.
- Parliament makes laws regarding the state list. The parliament only passes the budget for the state.
- The High court of the state functions independently.
- President also proclaims ordinances in the state.

During the state emergency the Union government has absolute control over the state except the judiciary.
If one looks at the past instances of state emergency in the country, three common grounds emerge that have been invoked under Art.356- breakdown of law and order, political instability, corruption and maladministration.

Financial Emergency

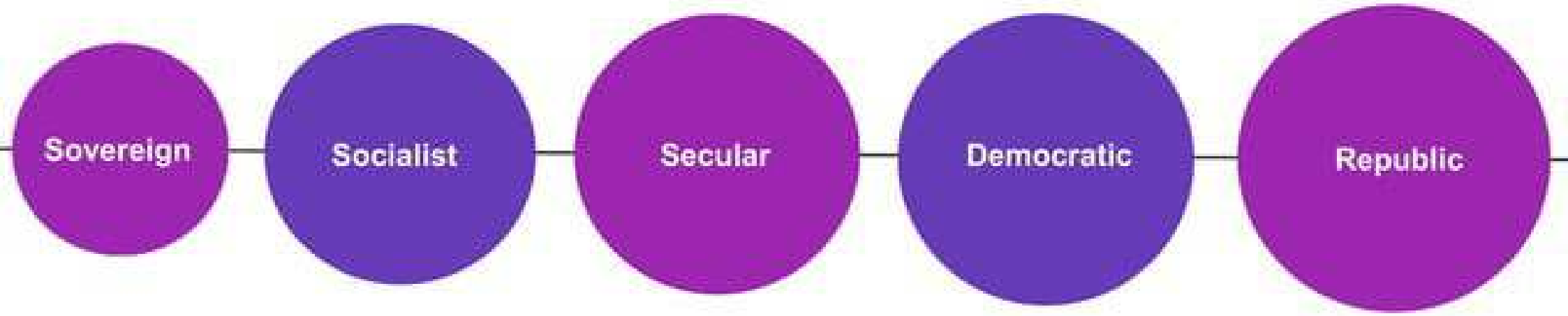
The president under Article 360 of the constitution has the power to declare financial emergency if he is satisfied that the financial stability or the credit of India or any part of its territory is threatened. It has to be laid before both the Houses of Parliament and ceases to operate at the expiration of two months unless meanwhile approved by the resolution of Houses.

During the operation of financial emergency, the executive authority of the union extends to the giving of directions to any state to observe certain specified canons or financial propriety and such other directions that the President may find necessary. The directions may include reduction of salaries or allowance of those serving a state, of all those in connection with the affairs of union including judges of high court and Supreme Court. There has been no occasion of financial emergency in India.

Supremacy of the Constitution:

Constitution is the supreme law of the land. All the organs shall function according to the procedures mentioned in the Constitution and shall obey the limitations mentioned by the Constitution.

The Preamble of the Indian Constitution aims at the establishment of a



(i) Constitution of India In General:

Constitution of India is considered to be the supreme law of the country, as it puts forth the framework of fundamental political principles. It establishes the structure, procedures, powers and duties of the government and mentions the fundamental rights, directive principles and duties of citizens.

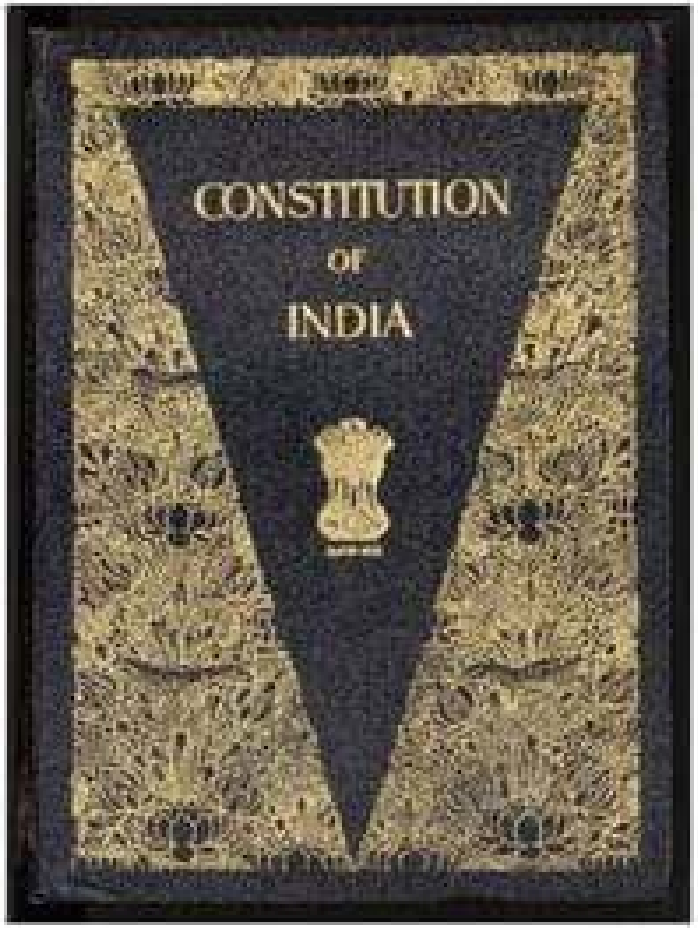
The Constitution declares India as a Sovereign, Socialist Democratic, and Republic with a parliamentary form of government. The Indian Constitution shows Federal as well as Unitary System.

1. **Federal System**- powers are divided and/or shared between state and central governments.

2. **Union System**- power concentration in central government with weak state Government.

The Preamble to Constitution of India.

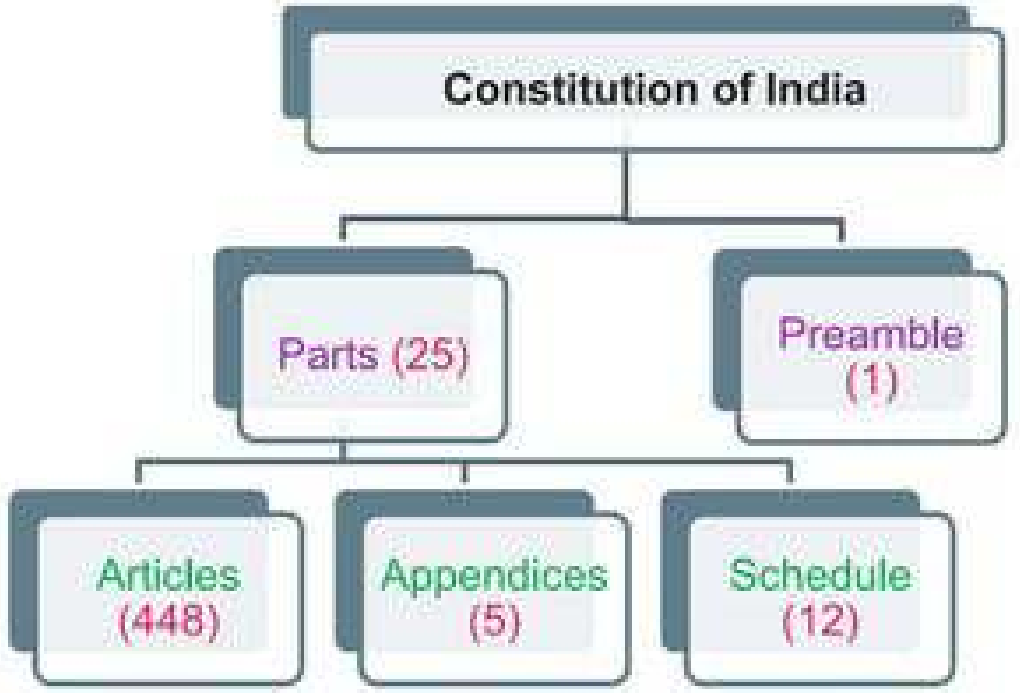
The preamble-page, along with other pages of the First and original Book of Constitution of India, was designed (Art) and decorated (Frames) solely by renowned painter Beohar shakha.



Hindi (Left) and English (Middle) versions of Preamble as available in the First book of Constitution of India (Right).

(ii) Structure of Constitution of India

The Indian constitution is the world's longest for a sovereign nation. At its enactment, it had 395 articles in 22 parts and 8 schedules. At about 145,000 words, it is the second-longest active constitution – after the Constitution of Alabama – in the world.



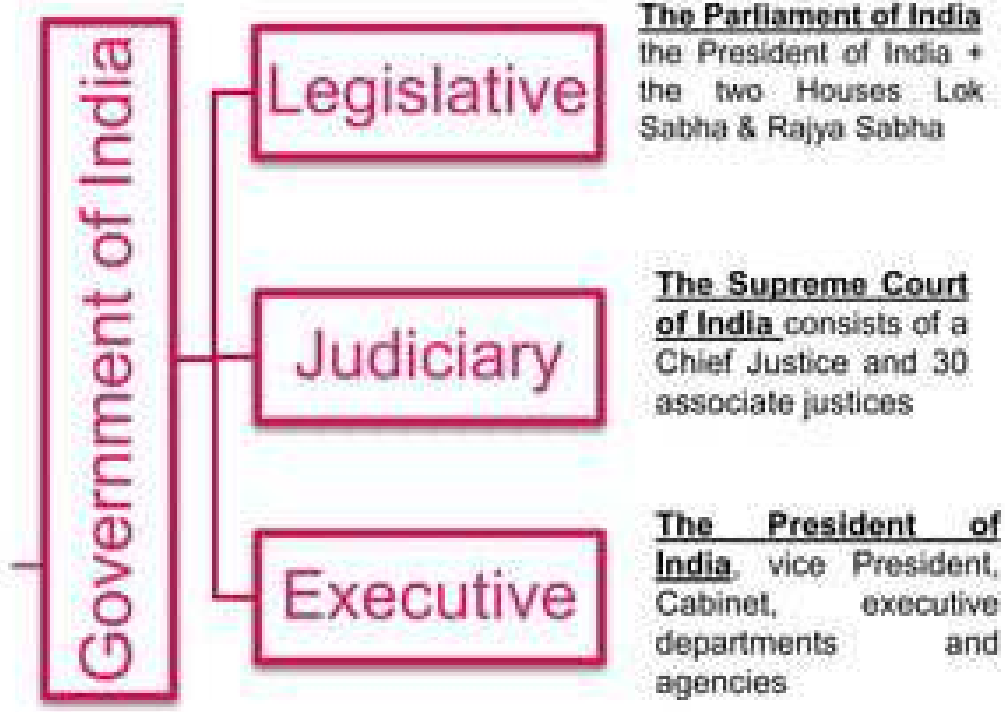
Preamble (1) - The Preamble to the Constitution of India is a brief introductory statement that sets out the guiding purpose and principles of the document.

Parts (25)

- Part I – Union and its Territory
- Part II – Citizenship.
- Part III – Fundamental Rights.
- Part IV – Directive Principles of State Policy
- Part IVA – Fundamental Duties.
- Part V – The Union.
- Part VI – The States.
- Part VII – States in the B part of the First schedule
- Part VIII – The Union Territories
- Part IX – The Panchayats.
- Part IXA – The Municipalities.
- Part X – The scheduled and Tribal Areas. Part XI – Relations between the Union and the States.
- Part XII – Finance, Property, Contracts and Suits.
- Part XIII – Trade and Commerce within the territory of India.
- Part XIV – Services Under the Union, the States. Part XIVA – Tribunals. 18. Part XV – Elections.
- Part XVI – Special Provisions Relating to certain Classes.
- Part XVII – Languages
- Part XVIII – Emergency Provisions.
- Part XIX – Miscellaneous.
- Part XX – Amendment of the Constitution.
- Part XXI – Temporary, Transitional and Special Provisions.
- Part XXII – Short title, date of commencement, Authoritative text in Hindi and Repeals

(iii) Constitution of India and Government:

The Indian government is divided into three distinct but interrelated branches: **Legislative, Executive and Judiciary** – have to function within their own spheres demarcated under the Constitution. In other words, the doctrine of Separation of Powers has been implicitly recognized by the Indian Constitution.


Government of India
Legislative
Judiciary
Executive
The Parliament of India the President of India + the two Houses Lok Sabha & Rajya Sabha
The Supreme Court of India consists of a Chief Justice and 30 associate justices
The President of India, vice President, Cabinet, executive departments and agencies

(iv) The Basic Principles of the Constitution of India

A careful study of the Constitution will show that there are at least eight basic principles which are embodied in it and which form the foundation of the political system in India. These are:

(1) Popular sovereignty,
(2) Socialism,
(3) Secularism,
(4) Fundamental rights,
(5) Directive Principles of State Policy,
(6) Judicial independence,
(7) Federalism and
(8) Cabinet government.

Main Characteristics of Constitution of India.

Conclution:

The Constitution serves as a set of rules according to which a group of people or country is governed. It provides the rules acceptable to all the citizens of the Country irrespective of their caste, creed and religion. Constitution is very important for a civilized society to function and to ensure its citizens- equality of opportunity, justice and fraternity.

CONSTITUTION OF INDIA

WHAT IS A CONSTITUTION

- A **Constitution** is a set of fundamental principles or established precedents according to which a state or other organization is governed.
- These rules together make up, i.e. *constitute*, what the entity is.
- When these principles are written down into a single document or set of legal documents, those documents may be said to embody a *written* constitution or *codified* constitution.
- Some constitutions are *uncodified*, but written in numerous fundamental Acts of a legislature, court cases or treaties

WHY DO WE NEED A COSTITUTION?

- Basic Rules- its has the basic rule on which the democracy functions. it guides in functioning of a democracy
- Rights- it defines the right of a citizen over state and other persons
- Duties- it determines the duty of the state and also the duty of the individual vis a vis the country.
- Directives- it contains the directives to the government to make law
- Determines the territory of state and country- the constitution limits the territory of the whole country and the states.
- Citizenship- it determines the various provisions for gaining and losing citizenship of the country.

- Centre and states relations- constitution determines the legislatie judicial, executive relations between centre and states.
- Constitutional posts- it mentions power functions of president vis a vis PM and council of ministers at centre and governor and state council of ministers at state level.
- It is the bulwark of rule of law in a country it gives the true color to right to equality, freedom and liberty.
- It mentions the separation of power between union and the states. Though India doesn't have watertight separation of power as in US.
- It makes sure to check and balance power of one organ over the other.
- It defines whether the democracy is direct or indirect and if it is indirect then whether it is presidential or parliamentary system.

WHY DO WE NEED TO KNOW OUR CONSTITUTION

Every citizen should know how his/her country works…

- It belongs to you, and the rest of the people.
- You created it and sustain it.
- It claims to be the Supreme Law of the Land.
- There are differing views as to what it means, who is right
- How else do you put today's headlines in proper context?
- The preservation of freedom requires it.
- A republic is not self-sustaining, it must be "kept
- The Founders expected you to know it. Posterity depends on our knowing and keeping the Constitution "operating." "and secure the blessings of liberty to ourselves and our posterity"
- Who knows the Future?

TRACING THE FRAMING OF THE INDIAN CONSTITUTION

The Times of India

NO. 181. VOL. CII. BOMBAY: FRIDAY, AUGUST 15, 1947 PRICE TWO ANNAS

BIRTH OF INDIA'S FREEDOM

NEW CABINET OF INDIA

Fourteen Members

PANDIT NEHRU TO BE PREMIER

NATION WAKES TO NEW LIFE

Mr. Nehru Calls For Big Effort From People

"INCESSANT STRIVING TASK OF FUTURE"

Assembly Members Take Solemn Pledge

WILD SCENES OF JUBILATION IN DELHI

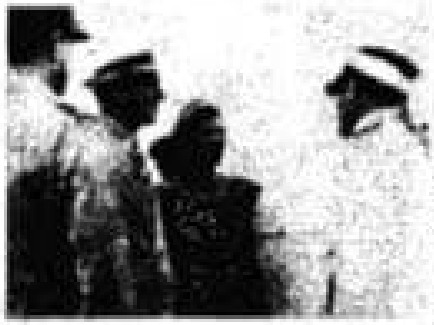
From Our Special Representative

NEW DELHI, AUGUST 14.

ENTIRE DELHI KEPT AWAKE TO WITNESS THE HISTORIC EVENT OF USHERING IN THE FREEDOM OF INDIA AT THE HOUR OF MIDNIGHT.

Unprecedented scenes of enthusiasm were witnessed inside and outside the Constituent Assembly Chamber, where anything, excepting nothing, could thwart the memorable event, heralded with the blowing of conches.

STATE VISIT TO KARACHI



LORD MOUNTBATTEN GREETS PAKISTAN

Mr. Jinnah Re-Affirms Firm Friendship With Britain

From Our Staff Correspondent

KARACHI, August 14.

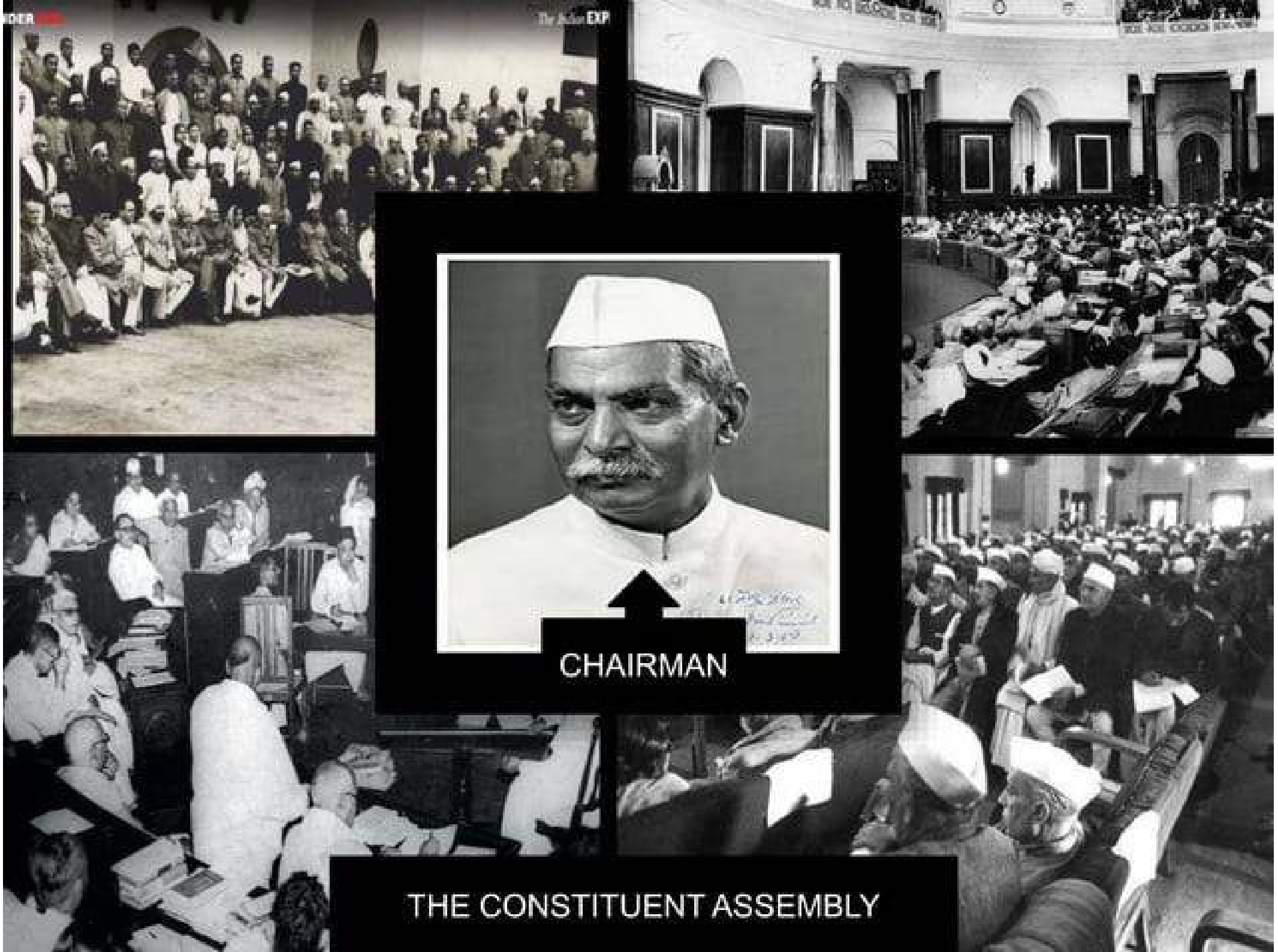
FRENZIED ENTHUSIASM IN BOMBAY

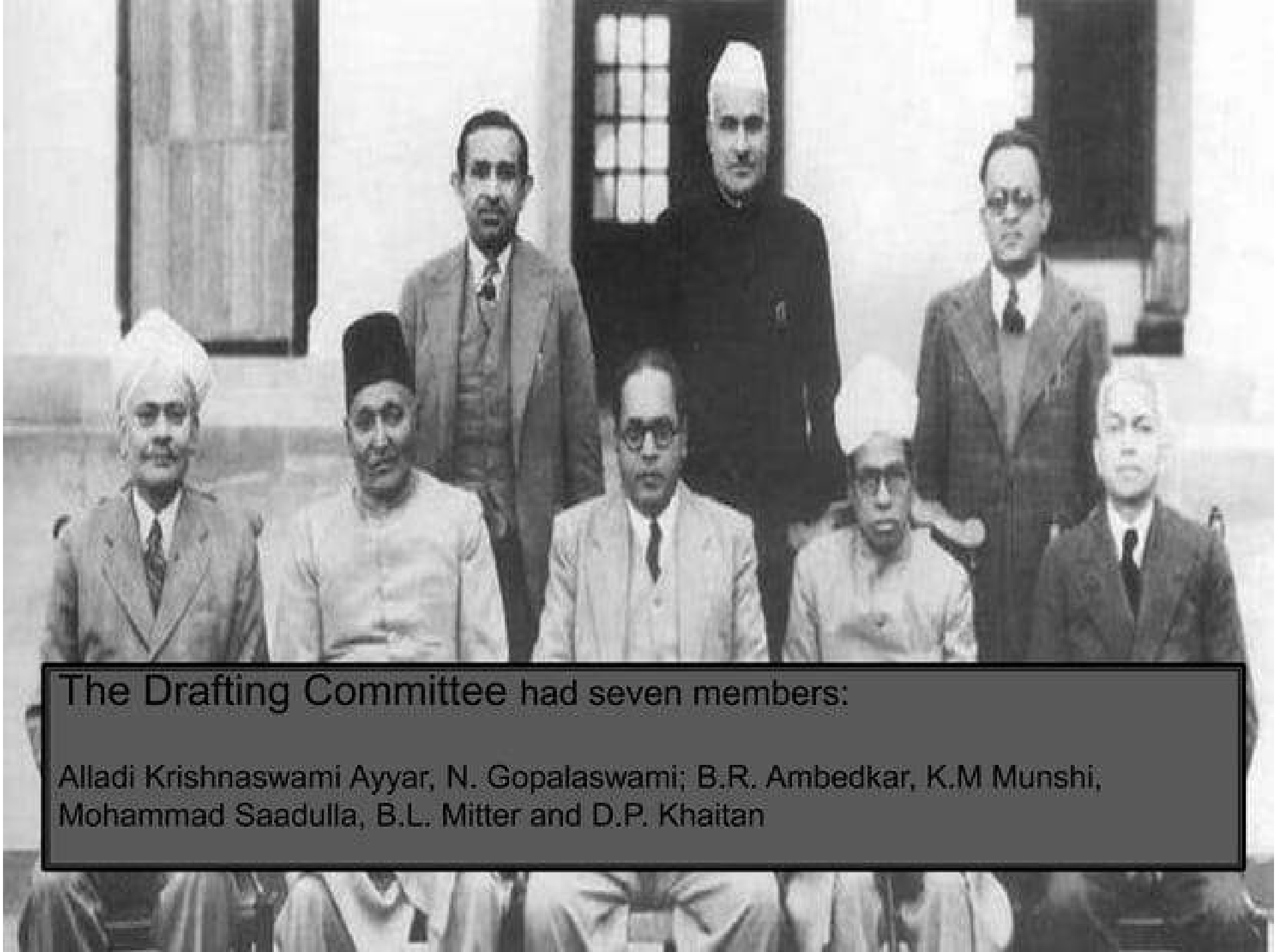
Crowds In Festive Mood

"MAY BOMBAY PROSPER"

Governor's Message

GOOD WISHES TO FREE INDIA


CHAIRMAN
THE CONSTITUENT ASSEMBLY



The Drafting Committee had seven members:

Alladi Krishnaswami Ayyar, N. Gopalaswami; B.R. Ambedkar, K.M Munshi, Mohammad Saadulla, B.L. Mitter and D.P. Khaitan

At its first meeting on 30th August 1947, the Drafting Committee elected **B.R Ambedkar** as its Chairman.

INTERESTIN G FACTS

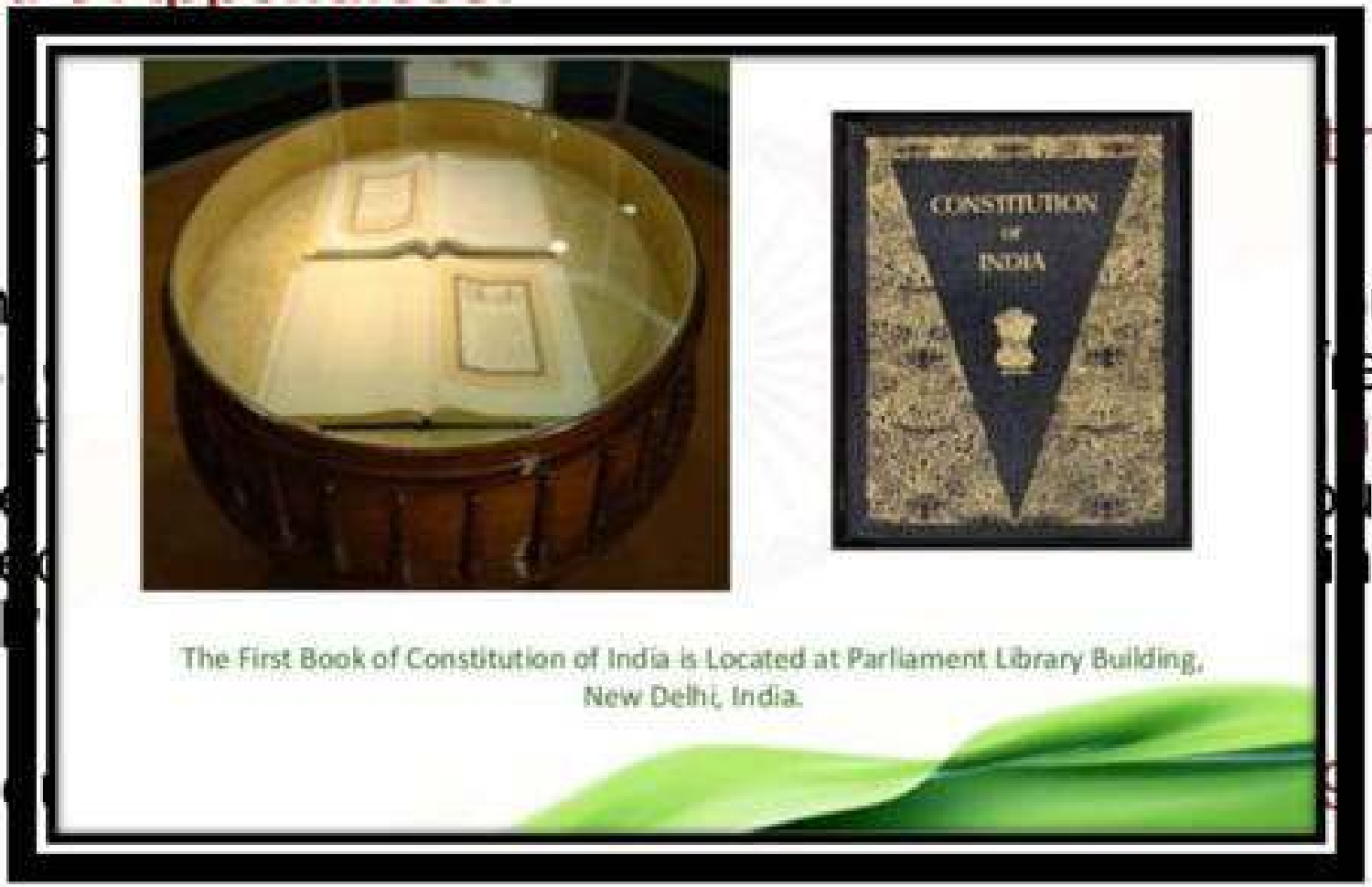
- The **National Emblem** was also adopted on January 26th, 1950.

- It wasn't a day's work. It took a highly competent team to work assiduously for **2 years, 11 months and 18 days** to compile the Indian constitution.

- The Constituent Assembly comprised **389 members** out of which **15 were women**.

- It was **handwritten** in English and Hindi by **Prem Behari Narain Raizada** in beautiful calligraphy, and special artists were called in from **Shantiniketan** to beautify its pages under the guidance of Acharya Nand Lal Bose.

- Named the longest constitution of the world, the Indian constitution has **448 articles**, **22 Parts, 12 schedules and 5 Appendices**.


CONSTITUTION
OF
INDIA
The First Book of Constitution of India is Located at Parliament Library Building, New Delhi, India.

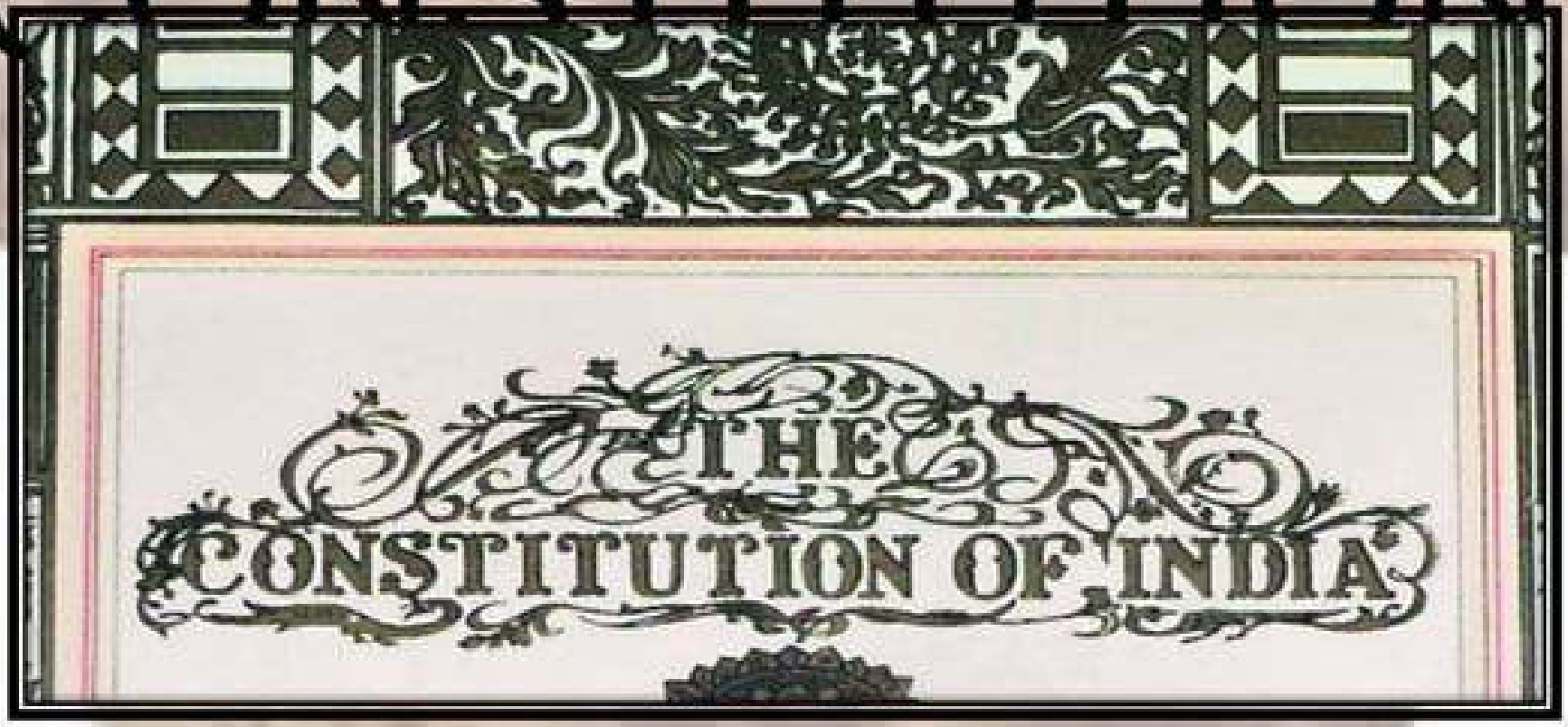
- As [illegible] mes

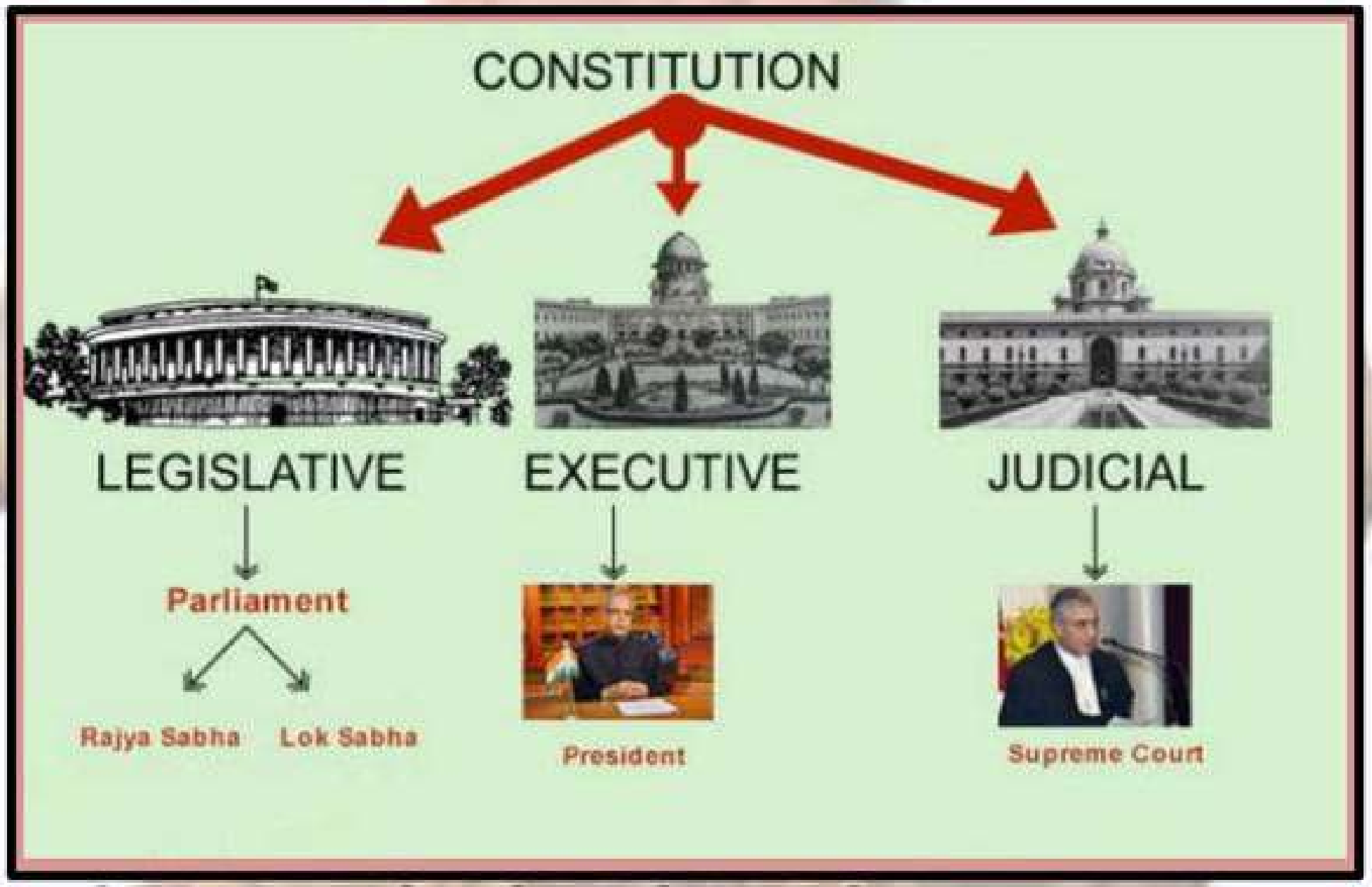
- On [illegible] ublicly iss [illegible] eedom on [illegible] ary in one [illegible] ght to eff [illegible] al day of [illegible]

- Th [illegible]

- The **original copies** of the constitution, now preserved in a helium-filled box, is planted in the Parliament House.

FEATURES OF THE CONSTITUTION



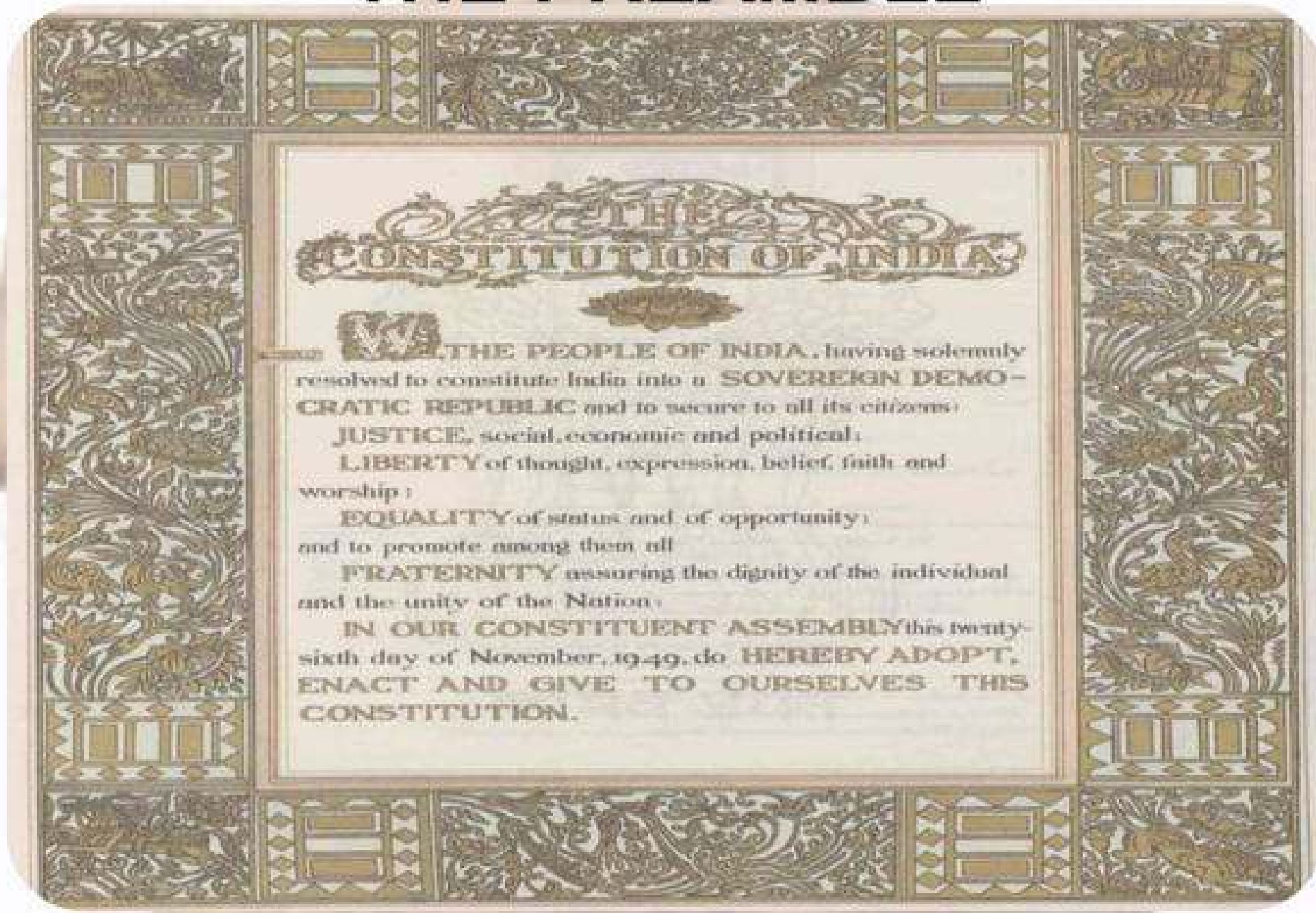


- SEPARATION OF POWERS

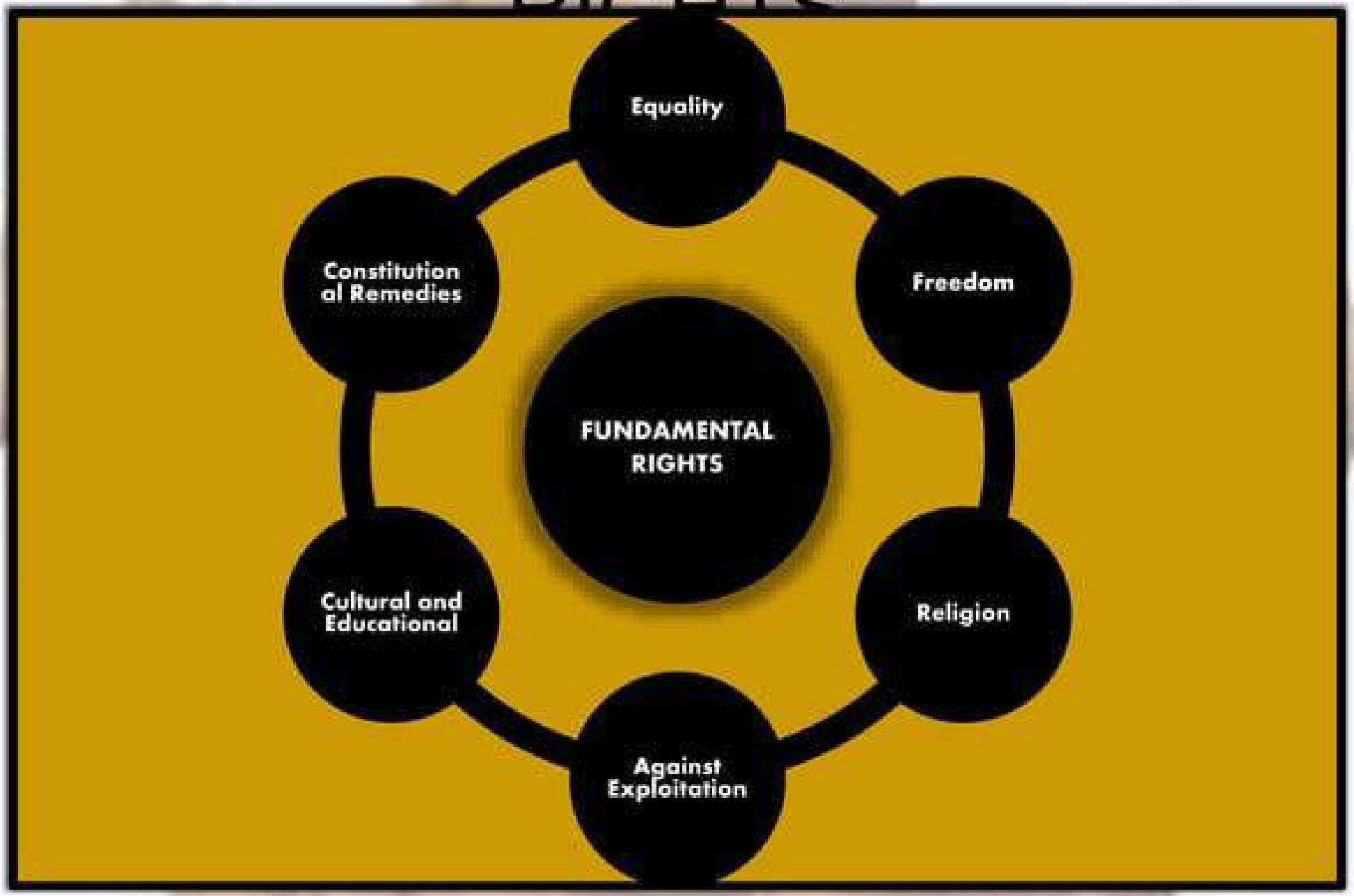
STRUCTURE OF THE CONSTITUTION

Parts of the Constitution		
Part	**Articles**	**Areas**
I	1-4	The Union & its Territories
II	5-11	Citizenship
III	12-35	Fundamental Rights
IV	36-51	Directive Principles of State Policy
IV A	51A	Fundamental Duties (42nd Amendment)
V	52-151	The Union Government
VI	152-237	The State Government
VII	238	Dealt with states in Part B of the First Schedule. Repealed in 1956 by the Seventh Amendment.
VIII	239-241	Union Territories. Article 242 repealed.
IX	243 A-O	The Panchayats
IX-A	243 P-ZG	The Muncipalities
X	244-244 A	The Scheduled & Tribal Areas
XI	245-263	Relations between the Union & the States
XII	264-300A	Finance, Property, Contracts & Suits
XIII	301-307	Trade, Commerce & Intercouse within the territory of India
XIV	308-323	Services under the Union & the States
XIV A	323A-323B	Administrative Tribunals (42nd Amendment 1976)
XV	324-329	Elections
XVI	330-342	Special Provisions (Reservations of SC, ST, Anglo Indian etc)
XVII	343-351	Official Language
XVIII	352-360	Emergency Provisions
XIX	361-367	Miscellaneous Provisions (Immunity of President, Legislature etc)
XX	368	Amendment of the Constitution
XXI	369-392	Temporary, Transitional & Special Provision
XXII	393-395	Short Title, Commencement, Authoritative

THE PREAMBLE


THE CONSTITUTION OF INDIA
WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN DEMOCRATIC REPUBLIC and to secure to all its citizens:
JUSTICE, social, economic and political;
LIBERTY of thought, expression, belief, faith and worship;
EQUALITY of status and of opportunity;
and to promote among them all
FRATERNITY assuring the dignity of the individual and the unity of the Nation;
IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

PART-III- FUNDAMENTAL RIGHTS



PART IV A- FUNDAMENTAL DUTIES

1. To abide by and respect the constitution, the national flag and national anthem.
2. To cherish and follow the noble ideas of the freedom struggle.
3. To uphold and protect the sovereignty, unity and integrity of India.
4. To defend the country and render national service when required.
5. To promote common brotherhood and establish dignity of women.
6. To preserve the rich heritage of nation's composite culture.
7. To protect and improve natural environment.
8. To develop scientific temper, humanism and spirit of inquiry.
9. To safeguard public property and abjure violence.
10. To strive for excellence in all sphere of individual and collective activity.
11. It shall be duty of every citizen of India who is a parent or guardian to provide opportunity for education to his child or as the case may be , ward between the age of 6 and 14

CONCLUSION

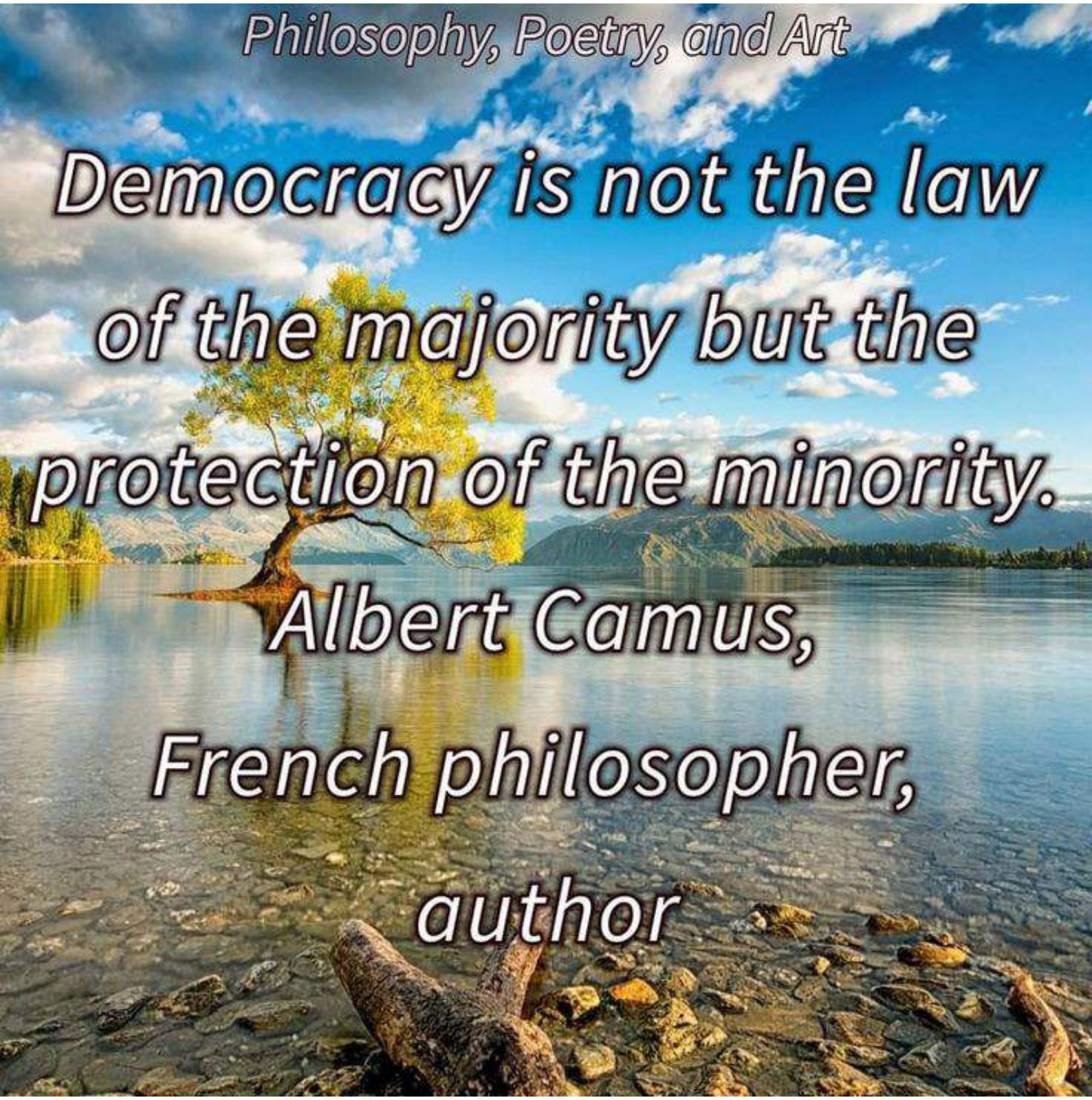
It is time to undertake a study of Indian Federalism with a view to valuate the trends, frictions and difficulties which have developed in the area of inter-governmental relations and to seek to evolve ways and means to meet the challenging task of making the Indian federation a more robust, strong and workable system so that the country may meet the tasks of self-improvement and development.

The responsibility lies on not only the jurists and policy framers, but also the citizens of the country to work in a harmonious manner for the development of the country.

#ConstitutionDay

The Indian Constitution was adopted on **26th November, 1949 and it came into effect on 26th January, 1950.**

2020 marks 70 years of the adoption of the Indian Constitution.


Philosophy, Poetry, and Art
Democracy is not the law of the majority but the protection of the minority.
Albert Camus,
French philosopher,
author

INDIAN administrative Government

President

Vice-President

UNION GOVERNMENT

House of people (Lok Sabha)

Max. Members **552**
Members at present **545**
Minimum Age **25**
Max. Time Duration **5**

Responsible Incumbent -
Presiding officer of Lok sabha

Prime Minister

Council of state ((Rajya sabha)

Max. Members **250**
Members at present **245**
Minimum Age **35**
Max. Time Duration **6yr**

Responsible Incumbent
Vice President of India

STATE GOVERNMENTS

Vidhan Sabha (Legislative assembly)

Members **60 to 500**
Minimum Age **25**
Max. Time Duration **5**

Responsible Incumbent -
Presiding officer of Lok sabha

Chief Minister

Vidhan Parisad (Legislative Council)

Members- can't be more than **1/3rd** of vidhan sabha
Minimum Age **35**
Max. Time Duration **6yr**

Only **6 states** has legislative council

LOCAL GOVERNMENTS

Zilla Parishad

head
District Magistrate
(CEO, IAS)

District

DM

Members **50 to 70**
Max. Time Duration **5**

The Chairmen of all the Panchayat Samitis form the members of Zila Parishad

RURAL

Block (tahsil)
(Panchayat samiti)
chief official is called the **tehsildar**

Villages (Gram Panchayat)

Sarpanch

(Gram Sabha)

URBAN

Municiple corporation
(Mahanagar Palika)
Metropolitan City
population **<1 million**
head -Mayor

Wards

Councillors

Sabha (Mohalla)

Municipality(Nagar Palika)
population **< 0.1million**
Nagar palika representative
(President)

Wards

Wards representative

Sabha (Mohalla)

City Council (Nagar Panchayat)
11,000<Population**<25,000**
committee consists of **chairman** with ward members

Wards

Wards member

Sabha (Mohalla)

FUNDAMENTAL RIGHTS

RIGHT TO EQUALITY

RIGHT TO EQUALITY BEFORE THE LAW
ARTICLE 14

PROHIBITION OF DISCRIMINATION GENDER/RELIGION CASTE/BIRTH PLACE
ARTICLE 15

EQUALITY IN MATTERS OF PUBLIC EMPLOYMENT
ARTICLE 16

ABOLISHING UNTOUCHABILITY MAKING IT A PUNISHABLE OFFENCE
ARTICLE 17

ABOLISHMENT OF TITLES
OFFICE OF PROFIT OR FROM FOREIGN STATE
ARTICLE 18

RIGHT TO FREEDOM

FREEDOM OF SPEECH & EXPRESSION
ARTICLE 19

PROTECTION WITH REGARDS TO CONDITIONS OF OFFENSES COMMITTED
ARTICLE 20

PROTECTION OF LIFE AND PERSONAL LIBERTY
ARTICLE 21

RIGHT OF CHILDREN TO FREE EDUCATION
ARTICLE 21A

PROTECT AGAINST ARRESTS DETENTIONS
ARTICLE 22

RIGHT AGAINST EXPLOITATION

PROHIBITION OF HUMAN TRAFFICKING & FORCED LABOUR
ARTICLE 23

NO CHILD BELOW 14 TO BE EMPLOYED
ARTICLE 24

RIGHT TO FREEDOM OF RELIGION

FREEDOM TO PRACTISE AND PROPAGATE ANY RELIGION
ARTICLE 25

ESTABLISH RELIGIOUS EDUCATIONAL INSTITUTES
ARTICLE 30

PROTECT INTERESTS OF MINORITIES
ARTICLE 29

CULTURAL & EDUCATIONAL RIGHTS

EDUCATIONAL CAMPUS TO NOT COMPEL RELIGIOUS INSTRUCTIONS
ARTICLE 28

FREEDOM FROM FORCED TAX FOR RELIGIOUS PROMOTIONS
ARTICLE 27

FREEDOM TO MANAGE RELIGIOUS AFFAIRS
ARTICLE 26

PARLIAMENT, NOT STATE LEGISLATURE, TO MAKE LAWS
ARTICLE 35

RESTRICTION OF RIGHTS WHEN MARTIAL LAW IMPOSED
ARTICLE 34

POWER OF PARLIAMENT TO MODIFY RIGHTS
ARTICLE 33

REMEDIES FOR ENFORCEMENT OF RIGHTS
ARTICLE 32

RIGHT TO CONSTITUTIONAL REMEDIES

Prof. Freddy Singaraj

THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

FACING HISTORY AND OURSELVES

Adopted by the General Assembly of the United Nations in 1948, the Universal Declaration states fundamental rights and freedoms to which all human beings are entitled.

You have the responsibility to respect the rights of others.

We are all born free and equal.

Everyone is entitled to these rights no matter your race, religion, sex, language, or nationality.

Everyone has the right to life, freedom, and safety.

No one can take away any of your rights.

No one has the right to hold you in slavery.

No one has the right to torture you.

You have a right to be recognized everywhere as a person before the law.

We are all equal before the law and are entitled to equal protection of the law.

You have the right to seek legal help if your rights are violated.

No one has the right to wrongly imprison you or force you to leave your country.

You have a right to a fair, public trial.

Everyone is innocent until proven guilty.

You have the right to privacy. No one can interfere with your reputation, family, home, or correspondence.

You have the right to travel.

You have the right to seek asylum in another country if you are persecuted in your own.

Everyone has the right to a nationality.

All consenting adults have the right to marry and to raise a family.

You have the right to own property.

Everyone has the right to belong to a religion.

You have the right to think and voice your opinions freely.

Everyone has the right to gather as a peaceful assembly.

You have the right to participate in the governance of your country, either directly or by helping to choose representatives in free and genuine elections.

You have the right to social security and are entitled to economic, social, and cultural help from your government.

Every adult has the right to a job, a fair wage, and membership in a trade union.

You have the right to leisure and rest from work.

Everyone has the right to an adequate standard of living for themselves and their family.

Everyone has the right to an education.

Everyone has the right to freely participate in the culture and scientific advancement of their community, and their intellectual property as artist or scientist should be protected.

We are all entitled to a social order in which we may enjoy these rights.

Everyone's rights and freedoms should be protected unless they obstruct the rights and freedoms of others.

No State, group, or person can use this Declaration to deny the rights and freedoms of others.

This is a simplified version of the UDHR. For the complete text, visit www.un.org

अशोक-चक्र [तीलियों का अर्थ]
अधिकार
कर्तव्य
सत्कार्य
न्याय
नीति
अर्थ
समता
उद्योग
संयम
आरोग्य
शान्ति
त्याग
शील
सेवा
क्षमा
प्रेम
मैत्री
बन्धुत्व
संगठन
कल्याण
समृद्धि

संसद [Parliament] -अनुच्छेद 79

DEV SINGH EDUCATIONAL HUB/Whatsapp on 9455918439

संसद के अंग-3
- लोकसभा - अनु 81
- राज्य सभा - अनु 80
- राष्ट्रपति - अनु 52

- वित्त विधेयक हमेशा पहले LS में ही रखा जाता है।

लोकसभा - जनता का दरबार
- निम्नसदन
- कार्यकाल - 5 वर्ष
- निर्वाचन - जनता
- न्यूनतम आयु - 25 वर्ष
- सदस्य संख्या - Max = 552, वर्तमान = 545
- सदस्य मनोनीत - 2 (आंग्ल भारतीय)
- मंत्रीपरिषद लोकसभा के प्रति उत्तरदायी
- कोरम - 1/10
- शून्यकाल - 12 बजे

प्रथम लोकसभा महिला अध्यक्ष - मीरा कुमार
प्रथम अध्यक्ष - G.V. मावलंकर
अविश्वास प्रस्ताव केवल लोक सभा में ही रखा जाता है।

- संसद के दो कभिक अधिवेशन के मध्य समय - 6 माह
- संयुक्त अधिवेशन की अध्यक्षता - स्पीकर
- संसद का सत्रावसान कौन करता है - राष्ट्रपति

LS - प्रत्यक्ष चुनाव
RS - अप्रत्यक्ष चुनाव

Dr. Dev Singh
9455918439

संसद की समितियाँ
- लोक सेवा समिति
- कुल सदस्य - 22
- LS = 15, RS = 7
- अध्यक्ष - विपक्ष का नेता
- नियम समिति
- विशेषाधिकार समिति
- तदर्थ समिति (ad-hoc committee)

→ प्रोटेम स्पीकर LS में राष्ट्रपति नियुक्ति करता है।

राज्यसभा -
- राज्य सभा सदस्य निर्वाचित - राज्य विधान सभा सदस्यों द्वारा
- उच्च सदन
- स्थाई सदन (2 वर्ष में 1/3 सदस्य निवृत होते है)
- कार्यकाल = 6 वर्ष
- अध्यक्ष = उपराष्ट्रपति
- आयु = 30 वर्ष
- पहले सभापति - राधा कृष्णन जी
- पहले उपसभापति - S.V कृष्णमूर्ति राव
- सदस्य - 250
- वर्तमान - 245
- 12 सदस्य मनोनयन - राष्ट्रपति
- सभापति सदन का सदस्य नही होता।

त्रिशंकु संसद का गठन - 1989

संसद निर्माण - 1921-1927

प्रथम आम चुनाव - 1951-52

सदस्यों के वेतन/भत्ते-
- LS अध्यक्ष = 4 लाख
- RS अध्यक्ष = 4 लाख

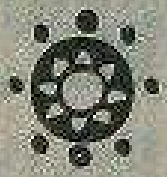
सांसद निधि = 5 करोड़

→ वेतन एवं भत्ते भारत की संचित निधि से दिये जाते है।

Dr. Dev Singh

armachakra
okes represent...
Eternity
Hope
Love
Honesty
23
24
1
Courage
22
2
Forgiveness
21
3
Patience
al Knowledge
20
4
Peace
Sympathy
19
5
Magnan
Loyal
18
6
Goodne
Humility
17
7
Faith
Gracefulness
16
8
Gentleness
Mercy
15
9
Selflessness
Justice
14
10
Self-Control
13
12
11
Righteousness
Self Sacrifice
Truthfulness

The Golden Rule



Buddhism:

Hurt not others with that which pains yourself.

Christianity:

Do unto others as you would have them do unto you.

Hinduism:

Treat others as you would yourself be treated.

Islam:

Do unto all men as you would wish to have done unto you.

Judaism:

What you yourself hate, do to no man.

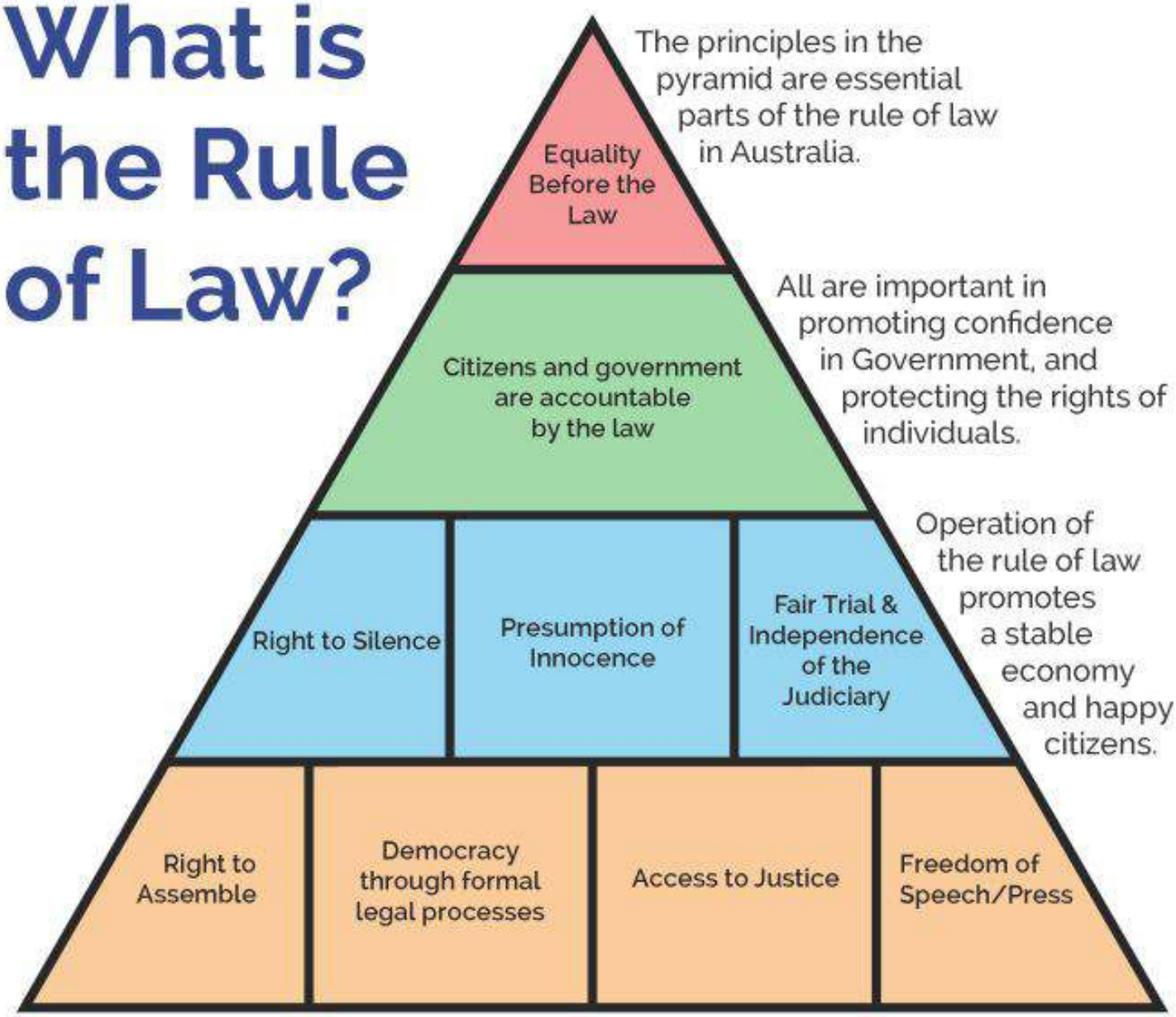
Native American:

Live in harmony, for we are all related.

Sacred Earth:

Do as you will, as long as you harm no one.

What is the Rule of Law?


Equality Before the Law
Citizens and government are accountable by the law
Right to Silence
Presumption of Innocence
Fair Trial & Independence of the Judiciary
Right to Assemble
Democracy through formal legal processes
Access to Justice
Freedom of Speech/Press

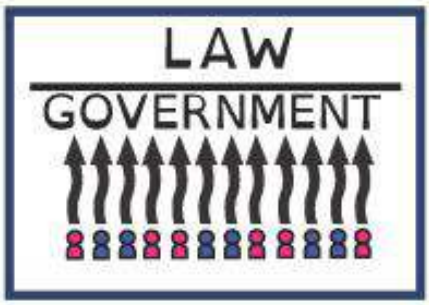
The principles in the pyramid are essential parts of the rule of law in Australia.

All are important in promoting confidence in Government, and protecting the rights of individuals.

Operation of the rule of law promotes a stable economy and happy citizens.

The rule of law is a legal concept which requires the use of power to be controlled by the law to ensure equality before the law.

Maintaining the rule of law is often noted as being the best way to preserve human rights.

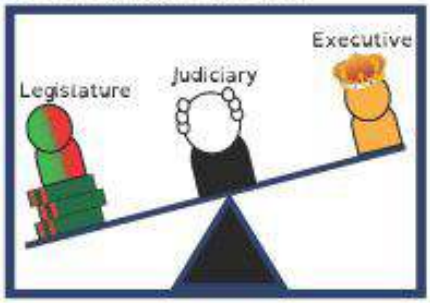


If people believe the law is unjust, they may not want to follow it. Ideally people should feel the law is just and want to follow it.

The process of changing the law through democratic processes ensures that the law remains up to date with the needs of society.

The separation of powers in Australia ensures that power is balanced between the three arms of government and that there are checks on their use of power.

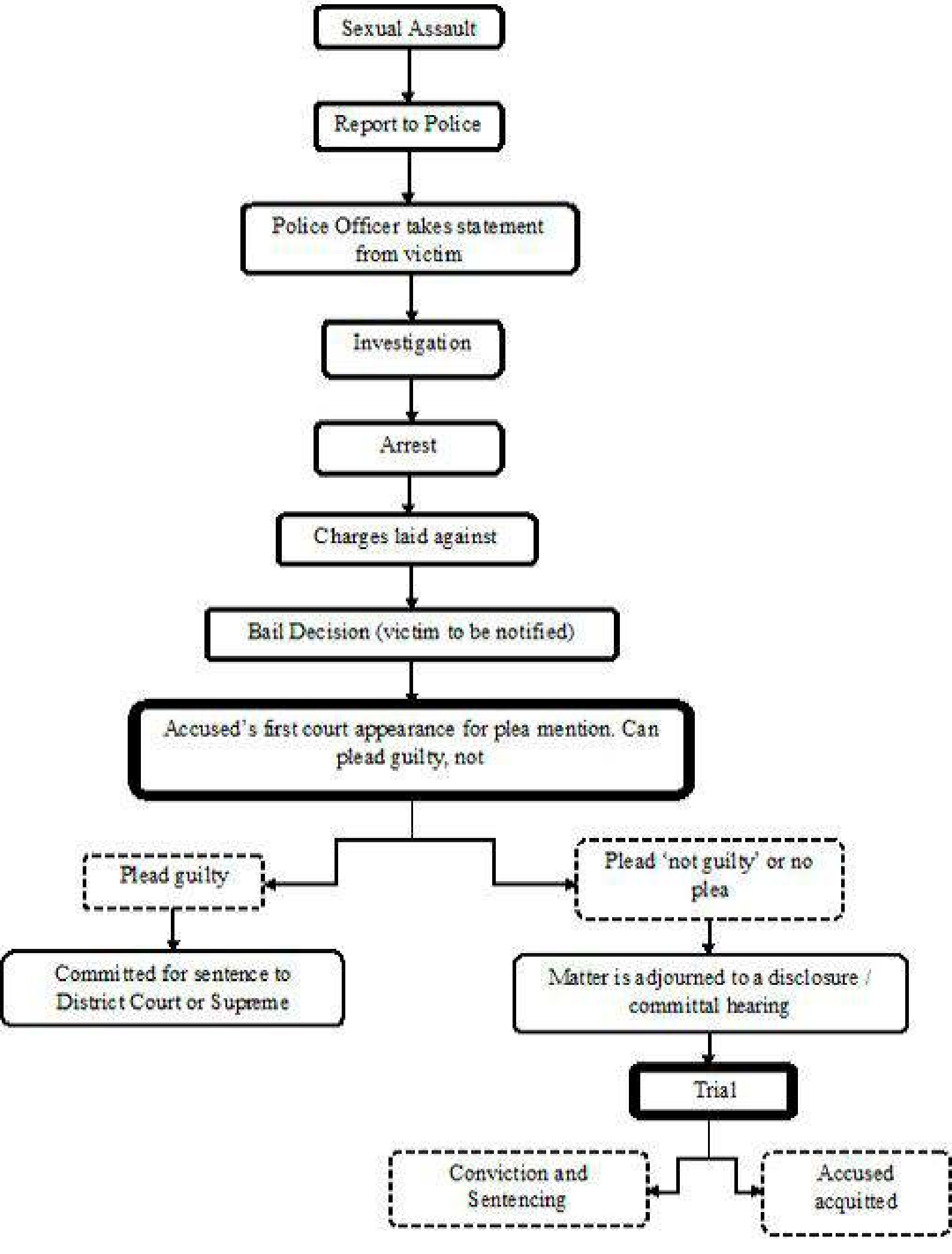
The Judiciary is especially important in ensuring the integrity of the Australian Constitution and that the Legislature and Executive act according to the law.

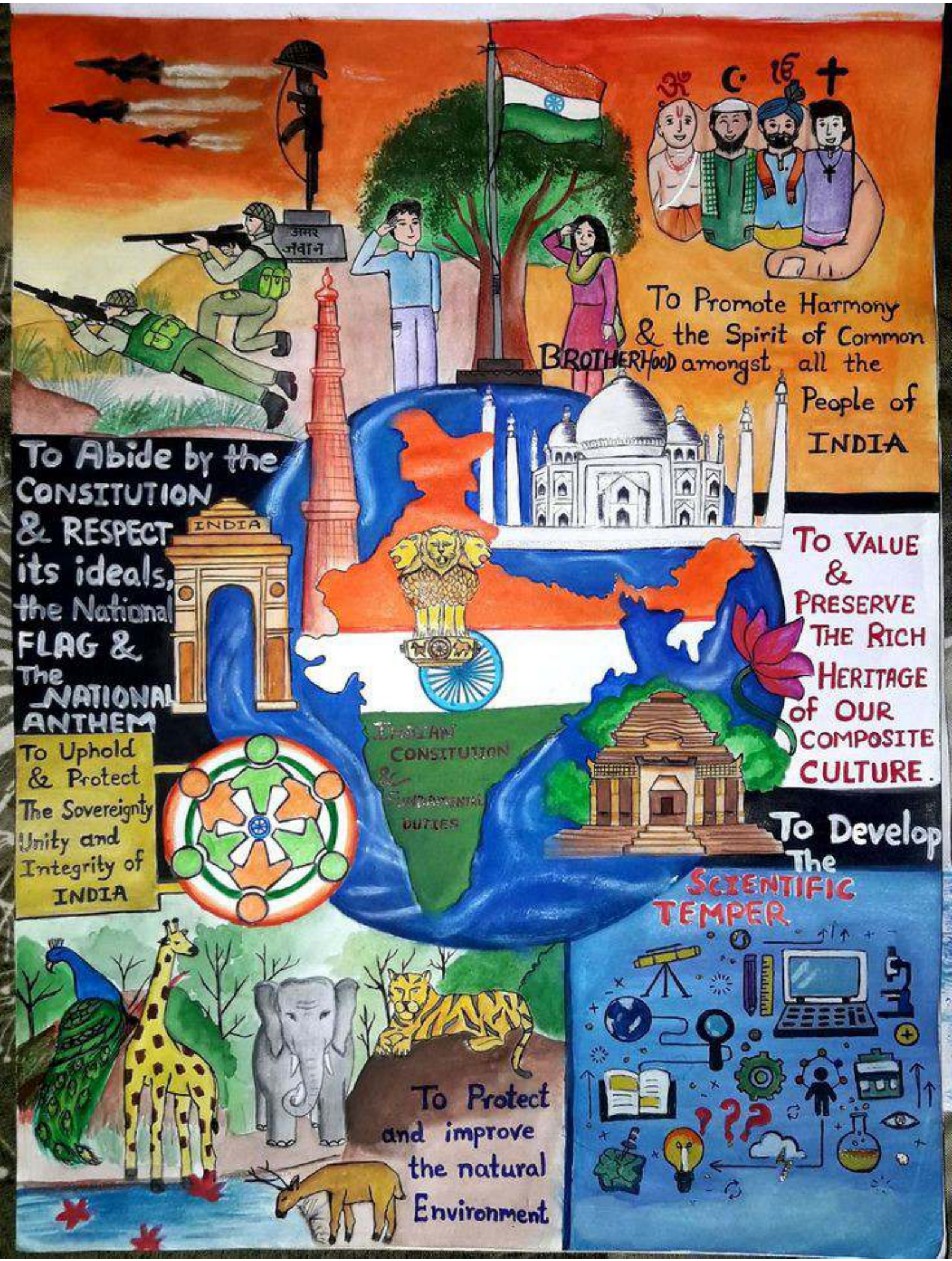


RULE OF LAW INSTITUTE OF AUSTRALIA
www.ruleoflaw.org.au

The Rule of Law Institute of Australia (RoLIA) is an independent, not for profit organisation which seeks to promote discussion of rule of law issues in Australia. It actively contributes feedback to Parliamentary Committees on proposed legislation and provides access to education programmes and resources for students studying the law.

Criminal Proceeding


Sexual Assault
Report to Police
Police Officer takes statement from victim
Investigation
Arrest
Charges laid against
Bail Decision (victim to be notified)
Accused's first court appearance for plea mention. Can plead guilty, not
Plead guilty
Plead 'not guilty' or no plea
Committed for sentence to District Court or Supreme
Matter is adjourned to a disclosure / committal hearing
Trial
Conviction and Sentencing
Accused acquitted


अमर जवान
To Promote Harmony & the Spirit of Common BROTHERHOOD amongst all the People of INDIA
To Abide by the CONSITUTION & RESPECT its ideals, the National FLAG & The NATIONAL ANTHEM
INDIA
INDIAN CONSITUTION & FUNDAMENTAL DUTIES
To Uphold & Protect The Sovereignty Unity and Integrity of INDIA
TO VALUE & PRESERVE THE RICH HERITAGE of OUR COMPOSITE CULTURE.
To Develop The SCIENTIFIC TEMPER
To Protect and improve the natural Environment

Example:

Since everyone can read, encoding text in neutral sentences is doubtfully effective

***S**ince **E**veryone **C**an **R**ead, **E**ncoding **T**ext **I**n **N**eutral **S**entences **I**s **D**oubtfully **E**ffective*

'Secret inside'